

# Healthy Stuffed Peppers

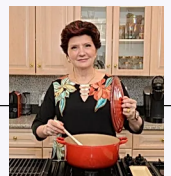


## DIRECTIONS

1. Place the olive oil, chopped garlic and onion in a large sauté pan.
2. Stir over medium flame until garlic and onion are golden.
3. Add ground turkey, a little at a time, while stirring.
4. Keep stirring until turkey is brown and crumbled, about 5-6 minutes.
5. Add diced zucchini and a little salt (to taste).
6. Stir for a couple minutes.
7. Add crushed tomatoes and stir well.
8. Cook covered over low heat for 15-20 minutes, stirring often.
9. If mixture seems too dry, add a little water.
10. Consistency should be chili-like.
11. Remove from heat and add cooked rice and beans.
12. Season with pepper and more salt, if needed.
13. Set aside.
14. Cut peppers in half lengthwise.
15. Remove stem and seeds.
16. Cover a cookie sheet with parchment paper.
17. Fill each pepper half with 1/6th of the filling and place on prepared cookie sheet.
18. Repeat until all peppers are stuffed.
19. Bake in preheated 400F oven for 25 minutes or until peppers are soft.
20. Remove from oven and sprinkle evenly with the shredded mozzarella and a little oregano.
21. Serve warm.

## INGREDIENTS

- 16 Oz ground turkey, 99% lean
- 2 medium zucchini, diced
- 8 Oz red kidney beans
- 1 1/2 cup brown rice, cooked
- 16 Oz crushed tomatoes
- 2 garlic cloves, chopped
- 2 tbsps chopped onion
- 2 tbsp extra virgin olive oil
- 3 large red peppers
- Salt and pepper to taste
- 1/4 cup (1 Oz) part skim shredded mozzarella
- Oregano to taste



## NONNA'S TIPS

- For a low carb option, substitute the brown rice with riced cauliflower. That will bring the calories down even more.
- If you like Mexican food, you can add some chili powder when you add the crushed tomatoes.