

Stuffed Peppers Delite

Makes: 8 Servings

"This is one of my favorite dishes because there is so much color, and it's also a very healthy dish," says Carter. "My mom is a licensed registered dietitian and always encourages healthy colorful plates. Also, in this dish you can easily get three servings of fruits and vegetables. These are the reasons and my inspiration for creating this flavorful, delicious dish."

Ingredients

- 1 tablespoon** canola oil
- 1 pound** ground turkey
- 3/4 cup** diced celery
- 3/4 cup** diced mushrooms
- 3/4 cup** diced yellow bell pepper
- 1/2 cup** peeled and diced yellow onion
- 1/4 cup** chopped kale
- 8 ounces** tomato sauce
- 8 ounces** green chilies
- 1 cup** whole-grain rice
- 8** assorted bell peppers, tops and seeds removed
- Low-fat mozzarella cheese to taste
- 1 can** pineapple rings (or you can use fresh pineapple)

Directions

1. **In a large stockpot**, heat the canola oil over medium heat. Add the turkey and cook, breaking up the meat with a wooden spoon, for about 10 minutes, or until cooked through. Add the celery, mushrooms, yellow bell pepper, onion, and kale and cook for about 7 minutes, or until the vegetables are softened. Add the tomato sauce and chilies and cook for 10 minutes.
2. **Meanwhile, in a medium saucepan**, combine the rice with 1 1/2 cups water and bring to a boil over medium-high



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	234	
Total Fat	7 g	11%
Protein	19 g	
Carbohydrates	26 g	9%
Dietary Fiber	5 g	20%
Saturated Fat	2 g	9%
Sodium	162 mg	7%

*Percent Daily Values are based on a 2,000 calorie diet.

MyPlate Food Groups

Fruits 1/4 cup

heat. Reduce the heat to low, cover, and simmer for 20 to 30 minutes, or until the rice is tender. Add to the turkey-veggie mix and stir to combine.

- 3. Preheat the oven to 350 degrees F.** Place the bell peppers in a 13-x9-inch baking dish. Scoop about 1/2 cup of the turkey-veggie mixture into each pepper. Bake, uncovered, for 30 minutes. Remove the peppers from the oven and sprinkle lightly with cheese. Bake an additional 10 minutes. Serve with grilled pineapple slices and enjoy!
- The 2015 Healthy Lunchtime Challenge Cookbook