

Stuffed Green Peppers

Rating: ★★★★★

Cook time: 50 minutes

Makes: 4 servings

Ingredients

- 4 green pepper (large, washed)
- 1 **pound** turkey, ground
- 1 **cup** rice, uncooked
- 1/2 **cup** onion (peeled and chopped)
- 1 1/2 **cups** tomato sauce, unsalted
- black pepper (to taste)

Directions

1. Cut around the stem of the green peppers. Remove the seeds and the pulpy part of the peppers.
2. Wash, and then cook green peppers in boiling water for five minutes. Drain well.
3. In saucepan, brown turkey. Add rice, onion, 1/2 cup tomato sauce and black pepper.
4. Stuff each pepper with the mixture and place in casserole dish.
5. Pour the remaining tomato sauce over the green peppers.
6. Cover and bake for 30 minutes at 350 degrees.

Michigan State University Extension, From Pyramid to the Plate: Healthy Eating by Timing, Combining, and Planning
Adopted from: Eating Right is Basic

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	410	
Total Fat	9 g	14%
Protein	27 g	
Carbohydrates	52 g	17%
Dietary Fiber	4 g	16%
Saturated Fat	2.5 g	13%
Sodium	105 mg	4%