

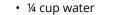
# **Italian Stuffed Peppers**

An overstuffed green pepper, fresh from the oven and served up hot and tasty.

### Serves 6, 1 stuffed pepper half per serving

### **Ingredients**

- 3 large bell peppers plus
- 1/2 small bell pepper (any color)
- 8 ounces mushrooms
- 1 small onion
- 1 clove garlic
- 3 ounces part-skim mozzarella cheese
- 12 ounces 93% lean ground turkey
- 1 (14-ounce) can diced tomatoes, no salt added
- 1 (8-ounce) can tomato sauce, no salt added
- 1/2 cup instant brown rice
- 1 teaspoon dried parsley leaves or thyme



• 1/4 teaspoon salt

- 1/4 teaspoon ground black pepper
- 1/4 teaspoon crushed red pepper

• 1 teaspoon dried oregano leaves

· Nonstick cooking spray

#### **Instructions**

- 1. Preheat oven to 350°F.
- 2. Rinse peppers and mushrooms. Cut large peppers in half lengthwise and remove seeds. Finely chop bell pepper half. Finely chop mushrooms.
- B. Peel onion and garlic. Finely chop onion and mince garlic.
- 4. Grate cheese. Set aside.
- 5. In a large skillet over medium heat, cook turkey, finely chopped bell pepper, mushrooms, onion and garlic, crumbling turkey with a wooden spoon or spatula, until the turkey is browned, 10 to 15 minutes.
- In a colander, drain off liquid and return to the pan. Stir in tomatoes, tomato sauce, rice, parsley or thyme, oregano, salt and pepper. Bring to a simmer, cover and cook, stirring occasionally, until rice is tender, about 15 minutes.
- 7. Put 1/4 cup water in a 9x13-inch baking dish. Place the pepper halves, cut side up, in the baking dish. Divide turkey mixture among the pepper halves. Sprinkle each pepper half with 2 tablespoons cheese.
- 8. Spray a sheet of foil with nonstick cooking spray and cover baking dish with the foil, sprayed side down. Bake until peppers are tender-crisp, about 30 minutes.



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- 1 teaspoon dried oregano leaves
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- 1/4 teaspoon crushed red pepper
- ¼ cup water
- Nonstick cooking spray

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