



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 teaspoon dried oregano leaves
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon crushed red pepper
- ¼ cup water
- 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.
3. 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.
6. 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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