



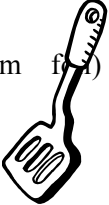
Stuffed Green Bell Peppers

- Ingredients:**
- 4 large green bell peppers, washed
 - 1 pound ground turkey
 - 1 cup uncooked rice
 - ½ cup onion, chopped
 - 1 ½ cup tomato sauce
 - pepper to taste
 - ½ tsp. salt



Shopping List:

- green peppers
- ground turkey
- rice
- onion
- tomato sauce
- salt and pepper

- Equipment:**
- cutting board
 - knife
 - can opener
 - mixing spoon
 - large bowl
 - 2 saucepans
 - measuring cup and spoons
 - covered baking dish) or baking dish and aluminum foil
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Directions:

1. Heat oven to 350°F
2. Cut around the stem of the green peppers. Remove the seeds and the pulpy part of the peppers but leave the peppers whole.
3. Wash, and then cook green peppers in boiling water for five minutes. Drain well.
4. In saucepan, brown turkey. Add rice, onion, ½ cup tomato sauce, salt and pepper.
5. Stuff each pepper with the mixture and place in casserole dish. Pour the remaining tomato sauce over the green peppers.
6. Cover and bake for 30 minutes or until a meat thermometer inserted into center of the ground beef reads 155°F.

This recipe takes 20 minutes plus 30 minutes to bake. Makes 4 servings at about \$1.50 per serving.



Nutrition Notes:

Peppers can be stuffed with nearly anything you have on hand – canned beans, canned salmon or tuna, even leftover chicken cut into bite-size pieces. Combine any of these ingredients with some chopped onion, a small amount of mayonnaise or dressing, and salt and pepper to taste before baking. Be creative – think of a bell pepper as a empty bowl waiting to be filled with your favorite ingredients.

Nutrition Facts	
Serving Size 1 stuffed pepper	
Servings Per Container 4	
Amount Per Serving	
Calories 420	Calories from Fat 90
% Daily Value*	
Total Fat 10g	16%
Saturated Fat 2.5g	13%
Cholesterol 90mg	30%
Sodium 920mg	38%
Total Carbohydrate 55g	18%
Dietary Fiber 5g	19%
Sugars 11g	
Protein 26g	
Vitamin A 25%	Vitamin C 260%
Calcium 4%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	