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Stuffed Peppers with Ground Turkey

Ingredients:

- 6 medium bell peppers
- 1 Tablespoon vegetable oil
- 1 pound lean ground turkey
- 1 medium onion, chopped
- 2 stalks celery, chopped
- ½ teaspoon parsley, (dried)
- 1 cup minute brown rice
- 1 cup water or chicken stock
- 1(4-ounce) can tomato sauce
- salt and pepper to taste

Makes 6 servings - 35% calories from fat

Instructions:

1. Wash peppers. Carefully remove the top of each pepper and remove the seeds.
2. Place each pepper top down in saucepan with an inch of water in bottom. Steam for 4 minutes and remove from heat.
3. In a large frying pan, add oil and brown onion and celery until tender. Add ground turkey and cook until brown. Pour in water (or broth), add the rice, and simmer for 5 minutes.
4. Fill each pepper with turkey mixture and set into a casserole dish. Pour tomato sauce over all and cover.
5. Bake at 350° F for 40 minutes.

Note:

- If desired, use lean ground beef or lean ground chicken in place of ground turkey

Nutrition Facts	
Serving Size 1 pepper	
Servings Per Container 6	
Amount Per Serving	
Calories 230	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 320mg	13%
Total Carbohydrate 21g	7%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 16g	
Vitamin A 6%	• Vitamin C 200%
Calcium 4%	• Iron 10%
*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	



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