

Bi-Weekly Recipe

Stuffed Peppers with Lean Turkey

Ingredients

Preparation time: 60 minutes

Servings: 6

For the filling:

½ lb. 99% lean ground turkey
¾ cup canned black beans, rinsed and drained
¾ cup frozen corn
1 hot Serrano pepper, chopped (or jalapeño)
1 large diced tomato
1 clove garlic, minced
3 Tbsp. chopped onion
2 Tbsp. chopped cilantro, more for garnish
1 tsp. cumin
salt to taste

For the peppers:

3 red bell peppers, cut in half lengthwise
⅓ cup reduced sodium, fat free chicken broth
9 Tbsp. shredded reduced-fat Monterey Jack cheese

*Recipe adapted from skinnytaste.com

Directions

1. Preheat oven to 350°.
2. In a large skillet, brown the turkey and season with salt.
3. When the turkey is browned, add onion, garlic, black beans, cilantro, Serrano (or jalapeño) pepper, diced tomatoes, and cumin.
4. Mix well and simmer on low, covered for 20 minutes.
5. Remove lid, add corn and simmer an additional 5 minutes or until all the liquid reduces.
6. Cut peppers in half lengthwise, removing seeds and stem.
7. Place peppers, cut side up in an oven-proof dish.
8. Fill each pepper with ½ cup turkey mixture.
9. Pour about ⅓ cup water or chicken broth to fill bottom of the dish.
10. Cover tight with foil.
11. Bake 45-50 minutes, or until the peppers become soft.
12. Remove foil, top each with 1 ½ Tbsp. of cheese and bake uncovered an additional 5 minutes.



Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

Stuffed Peppers	
Amount	½ pepper
Calories	160
Fat (g)	3
Sat. Fat (g)	1.5
Carb. (g)	19
Fiber (g)	4
Protein (g)	16
Gluten Free.	

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Cooking Tip

Try adding more seasonings to the ground turkey such as: garlic powder, paprika, coriander, or fajita seasoning to help enhance the flavor of this very lean meat. Make this meal vegetarian friendly by substituting the turkey for quinoa, brown rice, tofu, or tempeh. Make this meal dairy free by omitting the shredded cheese during the final step.

Performance Facts

Turkey is an excellent source of branched chain amino acids (leucine, isoleucine, and valine), which aid in building new muscle tissue and recovering from intense exercise. Bell peppers are high in carotenoids (antioxidants) and have twice the amount of vitamin C than your average orange. In fact, red peppers have more vitamin C than any other fruit or vegetable!