Turkey Stuffed Bell Peppers

This well-seasoned entrée is perfect for an end of summer dinner option. With vegetables, lean protein, and whole grains, this dish can be a complete meal all-in-one!

Ingredients:

- 5 medium bell peppers, any color
- 1 large onion, chopped
- 2 teaspoons olive oil
- 1 ¼ pounds 93% lean ground turkey
- 3 teaspoons ground cumin
- 1 garlic clove, minced
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 cup salsa, picante style
- 1 cup brown rice, prepared (may use instant)
- 1 cup crushed tomatoes
- ¼ teaspoon smoked paprika
- 1 cup shredded cheddar cheese

Directions:

1. Preheat oven to 325° F.
2. Cut peppers in half lengthwise and discard seeds. In a microwave, cook peppers covered for 3-5 minutes. Drain and rinse in cold water; set aside.
3. In a large skillet, sauté onion in oil until tender. Add the turkey, cumin, garlic, salt and pepper. Cook and stir over medium heat until meat is no longer pink.
4. Transfer to a large bowl. Stir in salsa and brown rice. Spoon into pepper halves. Place in a 15-in x 10-in x 1-in baking pan coated with cooking spray. Top with tomatoes and sprinkle with paprika and cheese.
5. Bake uncovered for 30 minutes or until heated through and peppers are tender.

Serving Size: 2 stuffed pepper halves
Serves 5

<table>
<thead>
<tr>
<th>Nutrition Information / Amount per serving:</th>
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<tbody>
<tr>
<td>Calories 266</td>
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<tr>
<td>Total fat 13.3 g</td>
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<tr>
<td>Saturated fat 5.8 g</td>
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<tr>
<td>Cholesterol 62.8 mg</td>
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