

## CHICKEN OR TURKEY STUFFED BELL PEPPERS

Serves 4

436 Calories

93 mg Sodium



**Stuff any color bell with a mix of onion, ground turkey or chicken, zucchini, curry powder, quinoa or brown rice, and cilantro.**

### INGREDIENTS:

- 4 medium bell peppers (any color) tops cut away, seeds and white membrane removed
- 1 Tbsp. extra virgin olive oil
- 1 small onion, diced
- 1 lb. extra-lean ground turkey or chicken
- 1 medium zucchini, diced
- 1 tsp. curry powder
- 1 tsp. no-calorie sweetener, granulated, 1/2 packet
- 1/2 tsp. cloves
- 1/2 tsp. garlic powder
- 1/2 tsp. black pepper
- 1 cup low-sodium chicken broth
- 1 1/2 cups quinoa, cooked to package instructions
- 1/4 cup chopped, fresh cilantro

### DIRECTIONS

1. Preheat oven to 375.
2. In a large skillet, heat oil over medium heat. Add onions and cook 2-3 minutes until translucent.
3. Add turkey and brown - breaking up clumps and stirring until cooked through (it will turn greyish white).
4. Add zucchini, curry powder, no-calorie sweetener, cloves, garlic powder and pepper. Stir and cook 2-3 minutes more. Remove from heat.
5. Stir in chicken broth, quinoa, and cilantro until well mixed. Spoon ¼ of mixture in to each bell pepper. Place peppers in an 8x8 baking dish, standing up. Add enough water to cover the bottom of the baking dish about 1/8 inch deep.
6. Bake 25-30 minutes in preheated oven until peppers are tender and mixture is heated through.

Serving size: 1 stuffed pepper

Nutritional Analysis  
Calories per Serving

Per serving  
436

Total Fat	9.2 g
Saturated Fat	1.1 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.6 g
Monounsaturated Fat	3.5 g
Cholesterol	45 mg
Sodium	93 mg
Carbohydrates	51 g
Fiber	8 g
Sugars	9 g
Protein	40 g

**Dietary Exchanges**

2 vegetable, 3 starches, 3 lean meats