

TURKEY STUFFED BELL PEPPERS



INGREDIENTS

- 10 bell peppers
- 1.25 lb ground turkey
- 1/2 onion diced
- 1 large zucchini diced
- 1 cup mushrooms finely chopped
- 1/2 bag of riced cauliflower or 1 cup whole cauliflower diced
- 1/2 cup cheddar cheese
- 1 tbsp olive oil
- 1/2 tsp garlic powder
- 2 tsp Italian seasoning
- 25 oz. tomato sauce
- 1 cup water

INSTRUCTIONS

1. Preheat oven to 375°F
2. Rinse and cut tops off bell peppers and remove all seeds
3. In a large skillet heat olive oil on medium-high heat and cook the onions. Add the turkey and cook thoroughly (8-10 mins.)
4. Drain meat and place in a large bowl. Add mushrooms, zucchini, cauliflower, sauce, and seasonings and combine.
5. Fill the peppers with the mixture and place in a glass dish
6. Sprinkle cheese on each bell pepper and pour water at the bottom of the glass dish
7. Bake for 25 minutes or until peppers are soft enough to be easily pierced.



NUTRITION FACTS

Serving Size: 1

Number of Servings: 10

Calories	200
Total fat	8.8
Saturated fat	2.8
Cholesterol	46 mg
Sodium	416.9 mg
Total carbohydrates	16.4 g
Dietary fiber	4.7 g
Sugar	9.8 g
Protein	15.1 g
Calcium	19%
Iron	6.9%
Potassium	313.8 mg
Vitamin A	30%
Vitamin C	112.4%

