

Stoplight Stuffed Peppers

What You'll Need

- 4 green bell peppers, tops and seeds removed
- 1/2 pound lean ground turkey
- 1 teaspoon olive oil, divided
- 1/2 medium onion, chopped
- 1 cup sliced mushrooms
- 1/2 cup zucchini, chopped
- 1/2 cup red bell pepper, chopped
- 1/2 cup yellow bell pepper, chopped
- 1 cup fresh spinach
- 1 14.5-ounce can diced tomatoes, drained
- 1 tablespoon tomato paste
- 1 teaspoon garlic powder
- 1 teaspoon basil
- salt and pepper to taste
- cooking spray

Serves 4

Let's Cook!

- 1 Preheat oven to 350 degrees.
- 2 Place green bell peppers in a baking dish and cover with aluminum foil. Bake for 15 minutes in preheated oven.
- 3 Spray pan with cooking spray and add 1/2 teaspoon of oil. Cook turkey on medium heat until the temperature reaches 160 degrees with a meat thermometer. Drain fat and liquid.
- 4 Spray another pan with cooking spray, add 1/2 teaspoon of oil and cook onion, mushrooms, zucchini, red bell pepper, yellow bell pepper and spinach over medium heat until soft.
- 5 Mix cooked turkey with vegetables and add tomatoes, tomato paste and spices.
- 6 Spoon meat and vegetable mixture into green peppers.
- 7 Bake peppers, covered with aluminum foil, in oven for 30 minutes.

Nutrition Facts

Serving Size (428g)	
Servings Per Container 4	
Amount Per Serving	
Calories 190	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 300mg	13%
Total Carbohydrate 18g	6%
Dietary Fiber 5g	20%
Sugars 10g	
Protein 15g	
Vitamin A 40%	Vitamin C 350%
Calcium 4%	Iron 15%