

Unstuffed Peppers

Prep - 30 min.

Serves 6

Who has time for fancy stuffed peppers? This recipe skips that step, yet delivers the characteristic flavor in a fast and simple stove-top dish.

Menu

Unstuffed Peppers
Tossed Salad
Multi-Grain Bread
Sliced Fruit

1 lg onion
 1 each green, red and yellow bell pepper
 2 tsp minced garlic (4 cloves)
 20 baby carrots

Cut all the vegetables into small wedges.

1 T olive oil (garlic or red pepper flavored is good)

Heat oil in a large nonstick kettle and sauté the vegetables and garlic.

1 lb extra-lean ground turkey breast

Crumble the turkey and add to sauté.

2 tsp Mrs. Dash® or Spike® seasoning
 2 tsp dried oregano
 1/4 tsp salt (opt)
 2 cans (14.5 oz each) stewed or crushed tomatoes
 1 can (14.5 oz) chicken broth, 1/3 less sodium
 1 box (10 oz) frozen chopped spinach

While waiting for the meat to brown, add seasonings to sauté. Open the cans. Once the meat is completely brown, add broth, tomatoes and frozen spinach.



2 cups instant whole-grain brown rice
 1/2 cup grated Parmesan cheese

Bring the mixture to a boil and add rice and cheese. Stir well. Cover and set timer for 5 minutes.

Meanwhile... search through the refrigerator for tossed salad “fixin’s.” Slice up bread. Slice apples, kiwi, oranges or any other fruit you have. When timer goes off, dinner is ready!

Nutrition information for 1-1/2 cup serving

Exchange Values: 2 Starch 3 Meat 2 Veg.

Calories	320	Fat	6 g	Fiber	5.2 g	Sodium	800 mg	Total Carbohydrate	40 g
Calories from Fat	17%	Saturated Fat	2 g	Cholesterol	40 mg	Protein	28 g	Sugars	9 g

30-Minute Meals

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