

Pep-O-Lanterns

INGREDIENTS

- 6 bell peppers, tops cut off and insides removed
- 1/2lb ground chicken, turkey or lean beef
- 1 ½ cups shredded cheese (divided)
- 15-ounce-can of beans, drained and rinsed
- 1 cup cooked brown rice
- 15oz can tomato sauce, low sodium or no salt added
- 1 medium onion, diced
- ½ - 1 cup carrot, shredded
- ½ to 1 cup zucchini, shredded
- 3 cloves of garlic, minced
- 2 tablespoons olive oil
- 1 ½ teaspoons chili powder
- ½ teaspoon cumin
- ¼ teaspoon oregano

DIRECTIONS

1. Pre-heat oven to 425 degrees.
2. Carve your peppers so that they have jack-o-lantern style faces in them, eyes and mouth. You can do this with a paring knife, butter knife or even a pumpkin carving set.
3. Arrange the peppers standing upright in a 9 x 11 baking dish. You may need to crumple some aluminum foil into rings to help hold them upright.
4. Prepare the filling by heating 2 tablespoons olive oil in a large skillet over medium-high heat. Add the onions and shredded veggies and cook until moisture has been reduced and onions are translucent.
5. Add the minced garlic, chili, cumin and oregano and cook for an additional minute. Add the ground meat and cook while breaking apart with cooking utensil.
6. When the meat is almost cooked through, add the tomato sauce and bring to a boil.
7. Reduce the heat, add the cooked rice, beans and half the cheese and stir until cheese is melted and well combined.
8. Fill the pepper up to the bottom of the mouth of your pep-o-lantern, add a layer of cheese, fill to the top and add another sprinkle of cheese at the top of your pepper.
9. Bake your peppers for 30 minutes.

Nutrition Information: Serving: 1 stuffed pepper

Calories: 352 | Total Fat: 16.9g | Sat Fat: 6.8g | Total Carbs: 31.9g | Fiber: 7.4 | Protein: 21.2g | Sodium: 224.5mg

Recipe provided by Dana Mealing, RDN, LN, Tevis Center for Wellness

