

*Making it delicious*

# TURKEY & QUINOA STUFFED PEPPERS

## Ingredients

- 4 large bell peppers (any color)
- 2 tsp. olive oil\*
- 1/2 medium onion, chopped
- 3 cloves garlic, minced (1 Tbsp.)
- 1 1/2 cups cooked ground turkey
- 1 1/2 cups cooked quinoa
- 15 oz. diced tomatoes, undrained (no salt added or low sodium)
- 1 cup chopped spinach (optional)
- 2 tsp. Italian herb blend
- 1/4 tsp. crushed red pepper flakes (optional)
- 1/4 tsp. salt (optional)
- 1/2 cup shredded Swiss Cheese



## Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>(449g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>320</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 8g	<b>29%</b>
Total Sugars 11g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 20g	
Vitamin D 0mcg	0%
Calcium 188mg	15%
Iron 3mg	15%
Potassium 885mg	20%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Instructions

- Preheat oven to 400°F.
- Wash the bell peppers and cut them in half from top to bottom, then remove the seeds and membranes.
- Lay the peppers, cut-sides up, in a 9"x13" baking dish or pan.
- In a skillet over medium heat, heat oil and add onions and garlic.\* Cook until onions become soft.
- In a bowl, mix the turkey, onion and garlic, quinoa, diced tomato, spinach, Italian seasoning, and crushed red pepper (if using).
- Spoon the mixture into each bell pepper, pressing lightly to fill any air pockets, until all the mixture is used.
- Sprinkle cheese over the top of each pepper. Bake for 15-20 minutes, until peppers reach preferred tenderness.
- To freeze extra peppers, wrap each pepper individually in cling wrap and place in a freezer bag.

*\*If cooking recipe from scratch, omit the oil. Brown the turkey first and then add the onion to the turkey, cooking until translucent.*