

Stuffed Peppers

Ingredients:

- 8 bell peppers – tops cut off and seeds and membranes removed (if you are going to make pumpkins, save the top!)
- 1 pound ground turkey
- 8.5 ounce bag pre cooked Spanish style rice
- 1 medium zucchini, diced
- 1 15-ounce can fire roasted diced tomatoes
- 1 15 ounce can of black beans, drained and rinsed
- ½ tsp salt
- ½ tsp paprika
- ½ tsp cumin
- ½ tsp oregano
- 1 cup low fat shredded Mexican blend cheese

Directions

1. Preheat oven to 400 °
2. Spray cupcake tin with olive oil spray. Cut the top off your peppers, and remove the membranes (add jack o lantern face if you want- I used the knife from a pumpkin carving kit!) Place one pepper in each cupcake tin and place in the oven to start cooking.
3. While peppers start to cook, you will make the filling
4. Heat 2 TBS olive oil in large skillet over medium heat. Add ground turkey to the skillet and cook until browned. While meat cooks, microwave your rice and prepare your veggies.
5. Add diced zucchini, and saute for 3 minutes. Add tomatoes, black beans, and rice to the skillet. Add seasonings and mix well. Cook for 3-4 minutes. Turn heat off and stir in one cup of Mexican blend cheese.
6. Remove peppers from the oven (they should have cooked for about 15 minutes). Use a spoon and fill each pepper with the stuffing. You can add another sprinkle of cheese on top if you want!
7. Place back in the oven for 12 minutes.
8. Remove, and enjoy!

MADE WITH LOVE

by Teresa Forchard