

# HEALTHY STUFFED PEPPERS

## You Will Need:

- 4 Green Peppers (You can use Red, Yellow or Orange, but they have slightly more sugar)
- 1 Package Ground Turkey (Make sure it's 99% lean!)
- 1-Cup Brown Rice
- 2 Cans of Hunt's Low Sodium Tomato Sauce
- 1 Cup Grated Romano Cheese
- 1 Tbsp. Chopped Garlic
- Salt & Pepper to taste

## Preparation:

Prepare the peppers for stuffing by washing and cutting half the long way. Clean out the insides by removing all the seeds. Place in shallow baking pan.

Prepare the mixture by combining the turkey, 1 can of the sauce, and 1/3 of the cheese, cooked rice and garlic. Add salt and pepper to taste. Fill the pepper halves slightly rounding over the top. Use remaining sauce to cover the peppers in the pan and sprinkle the tops with the rest of the cheese. Cover with tinfoil and bake at 350 for 45 minutes, then uncover and bake another 15 minutes, making sure the tops are slightly browned.

## ENJOY!

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