

# LivingWell

## Turkey Stuffed Peppers



### Ingredients (Makes 5 Servings)

- 5 medium green, red or yellow peppers
- 2 teaspoon olive oil
- 1 1/4 pound ground turkey
- 1 large onion, chopped
- 1 clove garlic, minced
- 1 teaspoon Italian seasoning
- 2 medium tomatoes, chopped
- 1-3/4 cup cheese of your choice
- 1/4 teaspoon paprika
- Salt and pepper to taste

### Directions:

1. Preheat oven to 325 degrees. Cut peppers lengthwise in half. Remove seeds place in a cooking spray coated pan.
2. In a large skillet heat over medium high heat, cook and crumble turkey with onion, garlic, and seasonings until meat is no longer pink. 6-8 min. Cool slightly, add tomato and cheese.
3. Fill peppers with turkey mixture, sprinkle with paprika, bake uncovered 20-25 minutes.

**Serve with a fresh green salad or fresh veggies!**

### Nutritional Facts

2 stuffed pepper halves, 323 calories. 10 gram fat (0 saturated fat) 45mg cholesterol, 771 mg sodium, 20 gram carbohydrate,(6 sugars, 4 gram fiber) 40 gr protein.

**Diabetic Exchange:** 5 lean meat | 1/2 fat | 2 vegetables | 1 starch

**Peppers** have a lot going for them! They're low in calories and loaded with good nutrition.

All varieties are an excellent source of vitamins A and C, potassium, folic acid and fiber. Plus the spicy ones liven up bland food, making it more satisfying, leafy green!!



**Executive Chef Kerri Clear**  
**St. Michaels Community Center**



The St. Michaels Community Center's mission is to serve, empower, and connect the community, with year-round programs and activities. Donations to SMCC and proceeds from its Treasure Cove Thrift Shop on Railroad Ave. in St. Michaels help the nonprofit feed neighbors in need and ensure children and adults from throughout the Bay Hundred area have the resources they need.

**St. Michaels Community Center | 410-745-6073 | [www.stmichaelscc.org](http://www.stmichaelscc.org)**