

STUFFED BELL PEPPERS (150 CALORIES PER HALF)



Ingredients

		Olive Oil
½	lb	lean ground turkey breast
1	cup	chopped onions
1	Tbs	taco seasoning
2	cups	rice, cooked (any type)
3-4		bell peppers, halved, seeded
1	can	black beans, drained & rinsed
½	cup	frozen corn
1	jar	salsa(15 -16 ounce)
		Cheddar Cheese, Shredded

Toppings:

fresh cilantro
sour cream
sliced avocado

Directions

Preheat the oven to 400 degrees. Lightly coat the peppers with olive oil and roast in a baking dish about 20-25 minutes just until cooked through. Remove the peppers from the oven and allow to cool until you can handle them.

In a bowl add the taco seasoning, cooked ground turkey, chopped onions, black beans, corn and rice. Add in the jar of salsa and mix well.

Carefully spoon the turkey mixture into each half of the bell peppers and place back into the baking dish. Cook the peppers for another 15-20 minutes or until the peppers are cooked all the way through. Before removing from the oven sprinkle the tops of each pepper with shredded cheddar cheese. Place back into the oven just until the cheese has melted.

Remove from the oven and top with fresh cilantro, avocado slices and/or sour cream just before serving.

HAPPY HEALTHY LIVING!