



Stuffed Bell Peppers

Prep: 15 minutes | Cook: 35 minutes | Total: 50 minutes

Yield: 4 servings | Serving Size: 2 stuffed bell pepper halves

Ingredients

- 4 medium bell peppers
- 1 tablespoon olive oil, divided
- 1 pound (16 ounces) lean ground turkey (90% lean or higher)
- 1 medium onion, diced (about 1 cup)
- 2 garlic cloves, minced (about 1 teaspoon)
- ½ teaspoon ground black pepper
- 1½ teaspoons chili powder
- 1½ teaspoons ground cumin
- 1 (10-ounce) package frozen chopped spinach, thawed and squeezed to remove moisture
- ¾ cup salsa (store-bought or homemade)
- ½ cup frozen corn

Directions

1. Preheat the oven to 375°F.
2. Cut the bell peppers in half lengthwise, slicing from the stem to the bottom, leaving the stems intact.
3. Remove and discard the white ribs and seeds near the stem and along the length of the inside of the bell peppers.
4. Place the prepared bell peppers in an 9x13-inch baking dish. Drizzle the peppers with ½ tablespoon of oil and rub all over to coat the peppers with oil.
5. Place in the oven and cook for 10 minutes.
6. While the peppers are cooking, heat a large nonstick skillet over medium-high heat. Add the remaining ½ tablespoon of oil and heat until shimmering.
7. Add the turkey, onion, garlic, black pepper, chili powder, and cumin. Cook until the turkey is no longer pink, about 6-8 minutes, breaking it up into crumbles as it cooks.
8. Stir in the spinach, salsa, and corn. Remove pan from heat.
9. Spoon the turkey mixture into the bell pepper halves. Cover the baking dish with foil and bake until the filling is hot and the peppers are tender, about 15-20 minutes. Serve warm.

**Nutrition Facts Per Serving: Calories: 280 | Total Fat: 13 g | Saturated Fat: 3 g
Sodium: 455 mg | Total Carbohydrate: 19 g | Dietary Fiber: 6 g | Protein: 25 g**

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