

# Turkey STUFFED BELL PEPPERS

Stuff yourself guilt free with our Turkey Stuffed Bell Peppers. It's a Bell Pepper cup filled to the brim with flavor!



Nutrition Facts	
Serving Size (647g) Servings Per Container	
Amount Per Serving	
<b>Calories 600</b>	Calories from Fat 360
% Daily Value*	
<b>Total Fat 40g</b>	<b>62%</b>
<b>Saturated Fat 9g</b>	<b>45%</b>
Trans Fat 0g	
<b>Cholesterol 175mg</b>	<b>58%</b>
<b>Sodium 140mg</b>	<b>6%</b>
<b>Total Carbohydrate 21g</b>	<b>7%</b>
Dietary Fiber 7g	28%
Sugars 10g	
<b>Protein 44g</b>	
Vitamin A 50%	Vitamin C 260%
Calcium 15%	Iron 30%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	



**Prep time:** 15 minutes  
**Cook time:** 30 minutes  
**Serves:** 4 People

## INGREDIENTS:

- 4 Bell Peppers, variety of colors
- 1 pint Red Grape Tomatoes
- 2 lbs. lean ground turkey
- 2 red onion
- 20g fresh thyme ,stripped and chopped
- 4-5 garlic cloves, peeled and thinly sliced
- 20g fresh chives ,chopped
- 20g fresh basil leaves
- 2 cups mushrooms
- 5 tbsp. extra virgin olive oil
- 1 red onion
- 2 tbsp. white balsamic vinegar
- 2 tsp. smoked paprika
- 1 cup of water
- 1/4 cup grated parmesan cheese (optional)
- 1 tbsp. coarse sea salt
- 1 tbsp. cracked black pepper

## CHEF'S TIP:

For a lighter side option serve with a salad of your favorite greens.

## DIRECTIONS:

- Rinse all produce under cold water. Cut the tops off of the Bell Peppers just enough to remove the stems, and empty the seeds. Pre-heat oven to 400 degrees F.
- In a separate mixing bowl, combine ground turkey, thyme, smoked paprika, salt, pepper, 10g chives, and parmesan cheese. Mix well by hand.
- Preheat a large non-stick pan, add olive oil, sliced mushrooms and 1 diced red onion. Continue cooking for 2 minutes. Add turkey and begin browning for 4-5 minutes. Once mixture is fully cooked drain any excess liquid. Set mixture aside to cool for approximately 3 minutes.
- When ready evenly divide the mixture between the 4 Bell Peppers. Cover the tops of the Bell Peppers with parchment paper and gently wrap with foil. In an oven proof baking dish bake Bell Peppers in upright position for 25-30 minutes.
- In the meantime preheat another large skillet, add olive oil and diced red onion. Sauté for 1-2 minutes. Add Grape Tomatoes and garlic, bring to low simmer and add basil leaves.
- Remove the foil and place the Bell Peppers on a plate. Top with sauce and remaining chives.

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