

RICH RED PEPPERS



Nutrient Analysis

PER SERVING

1/6 of recipe

Renal exchange:

2 Protein + 1 Starch + 2 Vegetable

Calories **245Kcal**

Protein **18g**

Carbohydrates **24g**

Fibre **3.2g**

Total Fat **9g**

Saturated Fat **2g**

Cholesterol **66mg**

Sodium **69mg**

Potassium **641mg**

Phosphorus **243mg**

INGREDIENTS

6 medium red peppers

1/3 cup dry basmati rice

2/3 cup water

1 tablespoon olive oil

1 lb ground turkey

2 cloves garlic, chopped

1/2 cup green onion, chopped

1 teaspoon cumin

1 teaspoon coriander

1 teaspoon chili powder

1 teaspoon ground black pepper

1 cup frozen corn

1 cup diced zucchini

1/2 cup cilantro, chopped

PREPARATION: 30 MINUTES

COOKING: 30 MIN. - 1 1/2 HOURS

6 SERVINGS

SUGGESTION

Leftover stuffed peppers can be frozen or reheated the next day. Serve with additional rice.

PREPARATION

- 1 Preheat oven to 350° F (conventional oven). You can skip this step if using the microwave oven.
- 2 In a small sauce pan, bring water to a boil and cook the rice according to package instructions.
- 3 In a large frying pan, sauté the ground turkey, garlic, and onions. Add the four spices and continue to sauté until the meat has browned.
- 4 Add corn and zucchini and sauté until vegetables are soft. Stir in the cooked rice (1 cup) and cilantro.
- 5 Cut the tops off, hollow out the peppers and discard the seeds and ribs. Trim the bottoms if necessary so that the peppers can stand upright in a roasting pan or dish. Stuff peppers with turkey and rice filling. Cover the peppers with their tops.
- 6 **USING THE OVEN:**
Add 1/3 cup of water to bottom of the roasting pan and cover with aluminum foil. Bake for 1 1/2 hours or until the peppers are soft and juices are well developed in the pan.

USING THE MICROWAVE:

Add 1 cup of water to bottom of dish and cover with plastic foil. Cook on HIGH for 30 minutes or until peppers begin to soften on the outside.