



# Turkey and Rice Stuffed Peppers

*These stuffed peppers contain all four food groups making them the perfect “one pot” meal with minimal clean up! Packed with vitamins A, C and E, bell peppers make a great vessel for a savoury filling and satisfying dinner. Look for lean or extra lean turkey, which is lower in fat. For a vegetarian option, eliminate the turkey and add your favourite bean.*

**Prep: 15 minutes • Total: 45 minutes**

## Ingredients:

Red/green bell pepper, whole	4 each	4 each
Red/green pepper, diced	1 each	1 each
Diced tomatoes	1 cup	250 mL
Brown rice, cooked	2 cups	500 mL
Jalapeno, minced	1 small	1 small
Onion	½ each	½ each
Garlic, minced	1 clove	1 clove
Chilli powder	1 Tbsp	15 mL
Cumin	1 tsp	5 mL
Oregano	1 tsp	5 mL
Ground turkey	1 lb	450 g
Olive oil	1 Tbsp	15 mL
Grated cheddar cheese	½ cup	125 mL
Green onion	1 stalk	1 stalk
Plain yogurt	¼ cup	60 mL

## Directions:

1. Heat oil in a large skillet to medium heat; add onions and ground turkey, stir until turkey is browned (about 5 minutes).
2. Add diced peppers and jalapeno. Stir until they soften (2 minutes).
3. Add minced garlic, chili powder, cumin, oregano and stir until they become aromatic (about 2-3 minutes).
4. Add diced tomatoes and rice; stir well.
5. Fill each pepper with rice mixture and place in baking dish.
6. Bake at 350 degrees until pepper has become softened ~25-30 minutes.
7. Top with grated cheese, a dollop of yogurt and minced green onion.

## Nutrition Facts

Serving Size (510g)  
Servings Per Container

Amount Per Serving

**Calories 410**    Calories from Fat 140

% Daily Value\*

**Total Fat 15g**                      **23%**

Saturated Fat 4g                      **20%**

Trans Fat 0g

**Cholesterol 95mg**                      **32%**

**Sodium 420mg**                      **18%**

**Total Carbohydrate 40g**                      **13%**

Dietary Fiber 6g                      **24%**

Sugars 9g

**Protein 29g**

Vitamin A 10%    •    Vitamin C 330%

Calcium 15%    •    Iron 20%

\*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

**Adapted from:**  
NutritionRx in partnership with  
Chef Lindsay Sferrazza

**Makes 4 ( 510 g / serving ) • 1 serving = 1 stuffed pepper**

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