



## Mangia Lasagna Stuffed Peppers



1/4th of recipe (1 stuffed pepper): 256 calories, 7g total fat (3.5g sat. fat), 618mg sodium, 22g carbs, 6.5g fiber, 12g sugars, 27g protein

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**Prep:** 20 minutes    **Cook:** 45 minutes



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### Ingredients

4 large bell peppers  
1 1/4 cups canned crushed tomatoes  
1/2 cup light/low-fat ricotta cheese  
2 tsp. chopped garlic  
1 tsp. onion powder  
1 tsp. Italian seasoning  
3 tbsp. chopped fresh basil  
Dash nutmeg  
1/2 tsp. salt  
1/4 tsp. black pepper  
12 oz. raw extra-lean ground beef (4% fat or less)  
1 cup chopped onion  
1/2 cup chopped mushrooms  
4 cups roughly chopped spinach  
1/4 cup shredded part-skim mozzarella cheese

### Directions

Preheat oven to 350 degrees.

Carefully slice off and discard stem ends of bell peppers, about half an inch from the top. Remove and discard seeds. Place peppers cut-side up in an 8" X 8" baking pan. If they don't sit flat, gently lean them against the pan sides.

Bake until soft, 35 - 40 minutes.

Meanwhile, in a medium bowl, combine crushed tomatoes, ricotta, garlic, onion powder, and Italian seasoning. Add 2 tbsp. basil, nutmeg, 1/4 tsp. salt, and 1/8 tsp. black pepper. Mix until uniform.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add beef and sprinkle with remaining 1/4 tsp. salt and 1/8 tsp. black pepper. Add onion and mushrooms. Cook and crumble until beef is fully cooked and veggies have softened, about 6 minutes.

Reduce heat to medium low. Add spinach and tomato mixture to the skillet. Cook and stir until spinach has wilted and mixture is hot, about 2 minutes.

Remove pan from oven. Increase temperature to 400 degrees.

Blot excess moisture from bell peppers. Evenly fill with skillet contents.

Sprinkle with mozzarella, and bake until melted, about 5 minutes.

Top with remaining 1 tbsp. basil.

**MAKES 4 SERVINGS**

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