



Meatball Parm Pepper Subs



1/4th of recipe (1 pepper sub): 183 calories, 5g total fat (2g sat. fat), 340mg sodium, 16.5g carbs, 4g fiber, 8.5g sugars, 18g protein

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Prep: 10 minutes **Cook:** 35 minutes

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Ingredients

- 4 large bell peppers
- 8 oz. raw extra-lean ground beef (at least 96% lean)
- 1/4 cup finely chopped onion
- 3 tbsp. panko breadcrumbs
- 2 tbsp. (about 1 large) egg white or fat-free liquid egg substitute
- 1/4 tsp. Italian seasoning
- 1/4 tsp. garlic powder
- 1/8 tsp. each salt and black pepper
- 2/3 cup marinara sauce with 3g fat or less per serving
- 1/4 cup shredded part-skim mozzarella cheese
- 2 tsp. grated Parmesan cheese, or more for topping

Directions

Preheat oven to 425 degrees. Spray a baking sheet with nonstick spray.

Slice off and discard stem ends of bell peppers. Remove and discard seeds. Slice peppers in half lengthwise (top to bottom), and place on the baking sheet, cut sides down.

Bake for 10 minutes. Flip pepper halves, and bake until softened, about 10 more minutes. Blot away excess moisture.

Meanwhile, in a large bowl, combine beef, onion, breadcrumbs, egg, Italian seasoning, garlic powder, salt, and black pepper. Mix thoroughly. Firmly and evenly form into 12 meatballs.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add meatballs, and cook and rotate until browned on all sides, about 5 minutes. Reduce heat to medium low. Carefully add sauce and coat the meatballs. Cover and cook for 10 minutes, or until meatballs are cooked through.

Evenly distribute meatballs and sauce among four of the pepper halves, and sprinkle with mozzarella and Parm. Top with remaining pepper halves.

MAKES 4 SERVINGS

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