



Southwest Super-Stuffed Pepper



Entire recipe: 333 calories, 9.5g total fat (4g sat. fat), 605mg sodium, 35.5g carbs, 8g fiber, 13.5g sugars, 29g protein

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

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Ingredients

- 1 large green bell pepper
- 3 oz. raw lean ground turkey (at least 93% lean)
- 1/4 tsp. garlic powder
- 1/8 tsp. chili powder
- 1 dash salt
- 1 dash black pepper
- 1 cup chopped brown mushrooms
- 1 cup chopped broccoli
- 1/4 cup chopped onion
- 3 tbsp. frozen sweet corn kernels
- 2 tbsp. canned black beans, drained and rinsed
- 2 tbsp. shredded reduced-fat Mexican-blend cheese
- 1/4 cup salsa with 90mg sodium or less per 2-tbsp. serving

Directions

Preheat oven to 350°F.

Carefully slice off and discard the stem end of the bell pepper. Remove and discard seeds.

Place pepper in a loaf pan, cut side up. Bake until tender, 30–35 minutes.

Meanwhile, bring a large skillet sprayed with nonstick spray to medium-high heat. Add turkey, and season with seasonings. Add mushrooms, broccoli, onion, corn, and beans. Cook, stir, and crumble until turkey is fully cooked and veggies have softened, 5–7 minutes. Remove from heat, and stir in cheese and salsa. Cover to keep warm.

Blot away excess moisture from bell pepper. Fill with turkey mixture.

MAKES 1 SERVING

HG Tip: Look for a pepper that sits flat when stem end is up.

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