



Supreme Pizza Stuffed Peppers



1/4 of recipe (1 pepper half): 187 calories, 7.5g total fat (3.5g sat. fat), 403mg sodium, 11g carbs, 2.5g fiber, 6.5g sugars, 18.5g protein

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Prep: 15 minutes **Cook:** 40 minutes



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Ingredients

2 large bell peppers
8 oz. raw extra-lean ground beef (at least 95% lean)
1/2 cup chopped mushrooms
1/2 cup chopped onion
1/4 tsp. garlic powder
1/4 tsp. Italian seasoning
1/8 tsp. salt
1/8 tsp. black pepper
1/2 cup marinara sauce with 70 calories or less per 1/2-cup serving
2 tbsp. whipped cream cheese
1/2 cup shredded part-skim mozzarella cheese, divided
1/2 oz. (about 8 slices) turkey pepperoni, roughly chopped

Directions

Preheat oven to 350°F. Spray an [8" X 8" baking pan](#) with nonstick spray.

Halve bell peppers. Remove and discard seeds and stems. Place pepper halves in the pan, cut side up.

Bake until soft, 25–30 minutes.

Meanwhile, bring a skillet sprayed with nonstick spray to medium-high heat. Add beef, mushrooms, onion, garlic powder, Italian seasoning, salt, and black pepper. Cook, stir, and crumble until beef is fully cooked and veggies have softened, 5–7 minutes.

Remove skillet from heat. Add marinara sauce, cream cheese, and 1/4 cup mozzarella. Mix thoroughly.

Blot away excess moisture from bell pepper halves. Fill with beef mixture, and top with remaining 1/4 cup mozzarella, followed by chopped pepperoni.

Bake until cheese has melted, 5–7 minutes.

MAKES 4 SERVINGS

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