



## ***Stuffed Bell Peppers***

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**Serves 6**

1 pound lean ground turkey  
1 egg  
½ cup Italian style bread crumbs  
¼ cup ketchup  
1 tbsp Dijon mustard  
1 tbsp Worcester sauce  
2 tbsp freshly minced garlic  
¼ cup minced onion  
Salt and pepper to taste  
3 large bell peppers

1. In a large bowl combine ground turkey, egg, ketchup, Dijon mustard, Worcester sauce minced garlic and minced peppers. Mix all together and add salt and pepper to suit your taste.
2. Cut bell peppers in half, length-wise. Remove seeds and membranes. Rinse them off and give them a light spray with vegetable oil. Place on a parchment lined baking sheet and fill with prepared filling.
3. Place peppers in a 350-degree oven for about 30 minutes or until filling reaches 165 degrees in the center.
4. Remove and serve with your favorite healthy side dish.

### **Nutritional Analysis**

Serving Size: ½ stuffed pepper

Calories	200
Total Fat	8g
Saturated Fat	2g
Cholesterol	95mg
Sodium	560mg
Carbohydrates	17g
Dietary Fiber	2g
Sugars	8g
Protein	17g

### **Diabetic Exchanges:**

Protein	2
Fat	2
Carbohydrates	1