

Italian Stuffed Peppers with Turkey

Ingredients

- 4 large red bell peppers
- 2 tsp extra virgin olive oil
- 1 pound ground turkey
- 2 tsp Italian seasoning
- 1 garlic clove (crushed)
- ½ tsp kosher salt
- ¼ tsp red pepper flakes
- 1 15-oz can unsalted tomatoes with juices
- 1½ cups cooked quinoa, cauliflower rice, or orzo (if using orzo, undercook it slightly)
- 1 cup shredded Provolone or Fontina
- ½ cup Parmesan cheese
- 2 Tbsp chopped fresh basil (optional)

Preparation

1. Preheat oven to 375°
2. Lightly coat a 9 x 13-inch baking dish with nonstick spray or oil
3. Slice the bell peppers in half from top to bottom
4. Remove the seeds and membranes
5. Arrange cut side up in the prepared baking dish
6. Heat the olive oil in a large, nonstick skillet over medium high heat
7. Add the turkey, Italian seasoning, garlic powder, salt, and red pepper flakes
8. Cook, breaking apart the meat, until the turkey is browned (about 4 minutes)
9. Drain off any excess liquid, then pour in the can of diced tomatoes and their juices
10. Let simmer for 1 minute
11. Remove the pan from the heat
12. Stir in the quinoa and ½ cup of the Provolone and ¼ cup of the Parmesan
13. Mound the filling inside of the peppers, then top with the remaining cheeses
14. Pour a bit of water into the pan with the peppers (just enough to barely cover the bottom of the pan)
15. Bake uncovered for 30 to 35 minutes, until the peppers are tender and the cheese is melted
16. Top with fresh basil
17. Serve hot

