

CHICKEN PARM STUFFED PEPPERS



INGREDIENTS:

- 1/2 lb. cooked lean ground chicken or turkey (spices per preference)
- 2 slices Ezekiel or whole grain bread (set out on counter for 1 hour to dry out before using)
- 2 tbsp Parmesan cheese
- 1.5 oz fat free shredded mozzarella cheese
- 1/2 tbsp minced garlic
- 1/2 tsp dried oregano
- 1/2 cup marinara sauce
- 3 Large bell peppers, halved and seeded

DIRECTIONS:

1. Preheat the oven to 400°F.
2. Arrange pepper halves face up in a large baking dish (6)
3. Break apart the bread into small pieces and add it to a food processor or blender
4. Pulse until small crumbles are formed
5. Add meat, bread crumbs, Parmesan, garlic, and oregano to a large bowl and mix all ingredients together well
6. Divide mixture evenly between pepper halves
7. Sprinkle shredded cheese evenly over the top of each pepper half
8. Cover the dish with foil
9. Bake for 40 minutes covered, until peppers are tender
10. Uncover peppers and bake for another 5 minutes

Enjoy!

Makes 3 Servings | 1 Serving = 2 Pepper Halves
Calories: 268 | Protein: 24 g | Carbs: 25 g | Fat: 8 g | Fiber: 7 g