

Friday Night Pizza Stuffed Peppers



Stuffed peppers are delicious for the whole family and easily blended for a balanced meal for your tubie.

Photo Contest!



- Test Recipes
- Fill out the survey
- Submit photos
- Win prizes



Nutrition Info

Makes: fluid ounces
= cups
= milliliters (mL)

Calories: 445 kcal

Kcals/ mL: kcal/ mL

Carbohydrate: 45.6%

Protein: 25.7%

Fat: 28.7%

Make it for the whole family:

Friday Night Pizza Stuffed Peppers

Ingredients

- ½ pound ground turkey
- 1 tablespoon italian herb blend, no salt
- ½ teaspoon ground fennel seeds
- 1 medium yellow onion, diced
- ½ cup fresh sliced mushrooms
- 1 cup quinoa, dry
- 1 1/2 cups low sodium chicken stock
- ½ cup water
- 15 ounce can pizza sauce
- 4 large bell peppers cut in half, seeded
- 1 cup shredded mozzarella cheese
- ½ cup water for baking
- Cooking spray
- Water (optional)

Kitchen Gear

Can opener

Chef knife

Cutting board

Saucepan

Skillet

Baking dish

Measuring tools:

- 1 cup, ½ cup
- Tablespoon, ½ teaspoon

Preparation

1. Preheat oven to 350 degrees.
2. In a saucepan combine quinoa, chicken stock, and water. Bring to a boil, reduce heat and simmer for 15-17 minutes or until all liquid is absorbed.
3. Spray skillet with cooking spray. Add ground turkey, italian herb blend, and fennel seeds cook on medium-high for about 5 minutes.
4. Add onion and sliced mushrooms, cook until soft and meat is no longer pink.
5. Mix in pizza sauce, simmer for 5 min.
6. Remove from heat, incorporate cooked quinoa to mixture, stir well.
7. Place halved peppers facing up in 9x13 baking dish. Fill with mixture.
8. Add 1/2 cup water to baking dish, cover with foil, bake for 30-45 min, or until peppers are desired softness.
9. Remove from oven, sprinkle with mozzarella cheese, bake for an additional 5 minutes or until cheese is melted.

To Blend:

1. Add 1 pepper to blender with water, blend until smooth and free of chunks.
2. Thin as desired with water or other fluid such as milk or milk alternative.



For more recipes and information visit www.CookingForTubies.com
Recipes by Registered Dietitian & Tubie Mom Courtney Stinson

© 2010-2018 Savor Life Nutrition & Wellness, LLC, All Rights Reserved