

STUFFED BELL PEPPERS

It doesn't matter if you're vegetarian or if you like to eat meat, this dish is the one that everybody can enjoy.

Makes 4 servings. 273.5 calories per serving

Ingredients

4 bell peppers

1/2 zucchini

Chopped 1/2 onion

Diced 1 clove of garlic

Mince 2 cups Chicken Shredded (or ground turkey with 10% less fat)

Mrs. Dash

2 cups tomato pasta sauce

1 cup low-fat cheese or pepper jack cheese (it gives it a kick)

Olive oil

Step by step

1. Preheat oven to 350 degrees

2. Coat pan with oil, on medium heat

3. Cut zucchini, onion and garlic and sauté them on the pan (sauté for about 3 to 4 minutes, or until they're about to start getting soft)

4. When done, put them in a mixing bowl

5. With the same pan, add oil to lightly coat and put on medium heat

6. Add chicken (or ground turkey) to the pan and add seasoning

7. Cook until meat is done (If there's any fat remove it)

8. Stir in vegetables and add tomato sauce to the meat

9. Cook for about 10 minutes and then turn off the heat

10. While that's cooling, cut the top of the bell pepper and remove seeds

11. On a cooking sheet make the bell peppers stand and add meat and vegetables in to the bell peppers

12. Add cheese

13. Bake for about 20 minutes and remove from oven to add more cheese

14. Bake for another the bell peppers are soften and the cheese is melted

15. Serve and enjoy