

Recipe for: Healthy Stuffed Peppers

Ingredients:

2 lbs. Ground Turkey
1 Egg
8 Red Peppers
1 Yellow Squash
2 Large Shallots
2 tsp. Minced Garlic
1 Jar of Muir Glen Spaghetti Sauce
1 5oz Jar of Sun Dried Tomatoes
1 8.5oz Can of Artichoke Hearts
Brown Rice Breadcrumbs
Sea Salt*
Pepper*
Parsley*
Crushed Red Pepper*
*All spices, season to taste

Preparation:

Chop artichokes, sun dried tomatoes, yellow squash and shallots into small pieces, combine with garlic and let sit for 30 minutes.

Mix ground turkey with artichoke mixture and egg. Add brown rice crumbs to the desired texture (should be similar to a meatloaf or meatball texture).

Fill peppers with turkey mix. Place in a baking dish and cover with the spaghetti sauce. Bake for approximately 60 minutes. You can add more sauce if needed before serving.