# Turkey and Rice Stuffed Peppers

**Ingredients:**

2 large green peppers
¾pound ground turkey
1/3 cup chopped onion
7 ½ ounce can whole tomatoes, cut up
1/3 cup long grain brown rice
1 tablespoon Worcestershire sauce
½ teaspoon dried basil or dried oregano, crushed
¼ cup shredded sharp cheddar cheese
¼ teaspoon salt
¼ teaspoon pepper

**Nutrition Facts**

Serving Size @ 9 oz. per half (258g)
Servings Per Container 4 - halves

| Amount Per Serving | |
|---|---|
| **Calories** 240 | Calories from Fat 90 |
| | **% Daily Value*** |
| **Total Fat** 10g | **15%** |
| Saturated Fat 3.5g | **18%** |
| Trans Fat 0g | |
| **Cholesterol** 75mg | **25%** |
| **Sodium** 390mg | **16%** |
| **Total Carbohydrate** 19g | **6%** |
| Dietary Fiber 3g | **12%** |
| Sugars 4g | |
| **Protein** 19g | |

| | |
|---|---|
| Vitamin A 8% | • Vitamin C 120% |
| Calcium 10% | • Iron 15% |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

**Directions:**

Cut peppers in half lengthwise; remove stems, membrane, and seeds. Immerse peppers into boiling water for 3 minutes. Invert them on paper towels and drain well. Cook meat and onion in a skillet until meat is brown and onions are tender. Drain fat. Stir in undrained tomatoes, uncooked rice, Worcestershire sauce, basil, ½ cup water, salt, and pepper. Bring to a boil; reduce heat. Cover and simmer for 15-18 minutes or until rice is tender. Fill peppers with meat mixture. Sprinkle cheese over meat mixture and place peppers in an 8X8X2 inch baking dish with any remaining meat mixture. Bake at 375° for 15 minutes or until heated through. Let stand 2 minutes.

Nutrition Analysis completed using The Food Processor SQL© Nutrition Analysis Software from ESHA Research, Salem, Oregon. 7-31-08