

Ingredients

Yield: 6 servings

Serving Size: ½ pepper

For the filling:

1. ½ lb. 99% lean ground turkey
2. ¾ cup canned black beans, rinsed and drained
3. ¾ cup frozen corn
4. 1 hot Serrano pepper, chopped (or jalapeño)
5. 1 large diced tomato
6. 1 clove garlic, minced
7. 3 Tbsp. chopped onion
8. 2 Tbsp. chopped cilantro, more for garnish
9. 1 tsp. cumin
10. salt to taste

For the peppers:

1. 3 red bell peppers, cut in half lengthwise
2. ½ cup reduced sodium, fat free chicken broth
3. 9 Tbsp. shredded reduced-fat Monterey Jack cheese

Directions

1. **Preheat** oven to 350°.
2. In a large skillet brown the turkey and **season** with salt.
3. When the turkey is browned, **add** onion, garlic, black beans, cilantro, Serrano (or jalapeño) pepper, diced tomatoes, and cumin.
4. **Mix** well and **simmer** on low, **covered** for 20 minutes.
5. **Remove** lid, add corn and simmer an additional 5 minutes or until all the liquid reduces.
6. **Cut** peppers in half lengthwise, removing seeds and stem.
7. **Place** peppers, cut side up in an oven-proof dish.
8. **Fill** each pepper with ½ cup turkey mixture.
9. **Pour** about ½ cup water or chicken broth to fill bottom of the dish.
10. **Cover** tight with foil.
11. **Bake** 45-50 minutes, or until the peppers become soft.
12. **Remove** foil, top each with 1 ½ Tbsp. of cheese and bake uncovered an additional 5 minutes.



Stuffed Peppers

Amount	½ pepper
Calories	160
Fat (g)	3
Sat. Fat (g)	1.5
Carb. (g)	19
Fiber (g)	4
Protein (g)	16

Gluten Free, can be made Dairy Free (w/o cheese or soy based)

For Sport Nutrition Questions:

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*Recipe adapted from skinnytaste.com

Cooking Tips & Food Facts

- Turkey is an excellent source of branched chain amino acids (leucine, isoleucine, and valine), which aid in building new muscle tissue and recovering from intense exercise.
- Bell peppers are high in carotenoids (anti-oxidants) and have twice the amount of vitamin C found in your average orange.
- Try adding more seasonings to the ground turkey such as: garlic powder, paprika, coriander, or fajita seasoning to help enhance the flavor of this very lean meat. Avoid adding too much salt.
- Make this meal vegetarian friendly by substituting the turkey for quinoa, brown rice, tofu, or tempeh.
- Make this meal dairy free by omitting the shredded cheese during the final step.

