



Microwave Stuffed Bell Peppers

Ingredients

- 93% lean ground turkey 8 oz.
- Medium bell pepper 1
- Shredded reduced-fat cheddar or mozzarella 1/4 cup
- Minced garlic 1 tsp
- Smoked paprika 1 1/2 tsp
- Cumin 1 tsp
- Red onion, diced 1/4 cup
- Parsley 1/3 cup, chopped
- Sea salt and pepper pinch



Boost for Gainers: Add 2/3 cup cooled, cooked brown rice or quinoa to the raw meat mixture to increase the amount of complex carbohydrates.

Directions

1. Season lean ground beef or turkey with garlic, smoked paprika, cumin, sea salt and pepper, red onion, and parsley.
2. Slice a bell pepper in half, and carve out the inside.
3. Place the halves in small microwave-safe bowls, and add a few tablespoons of water to the bowl to help the bell pepper soften while it cooks.
4. Stuff the bell pepper halves, and microwave for 3-1/2 to 4 minutes.
5. If desired, add a little reduced-fat cheddar or mozzarella on top, and microwave again for another minute. If you want to avoid cheese, try adding a little chunky marinara on top.
6. Enjoy with a complex carbohydrate such as brown rice or quinoa.

Nutrition Facts

Serving size: 1/2 pepper, stuffed (without boost)

Recipe yield 2 servings

Calories: 231

Fat: 11 g

Carbs: 4 g

Protein: 28 g