

Stuffed Peppers

4 SERVINGS, 1/2 PEPPER EACH



Ingredients:

1/3 cup whole wheat crackers, crushed
1 Tbsp. instant minced onion
1/3 cup skim milk
1 egg
1/2 tsp. basil leaves
1/8 tsp. salt
3/4 pound lean ground turkey or beef
1/4 cup tomato sauce
2 green peppers, halved, seeded
Boiling water to cover

Directions:

1. Soak crackers and onion in milk until soft and milk is absorbed.
2. Add egg and seasonings. Mix well.
3. Gently mix ground meat with milk mixture.
4. Cook peppers in boiling water for 2 minutes. Drain well.
5. Fill pepper halves with meat mixture. Spread one tablespoon tomato sauce over each serving. Cover with wax paper.
6. **For Microwave:** Cook at "high" power for 3-1/2 minutes. Rotate dish. Cook on "high" power another 3-1/2 minutes. Remove from oven and let stand, covered, 3 minutes.

For Conventional Oven: Bake uncovered at 375°F for 45 minutes or until meat is done.

Per Serving: 245 Calories; 15 grams Total fat; 287 mg Sodium

1 serving = 3 protein ounces, 1/2 cup vegetable