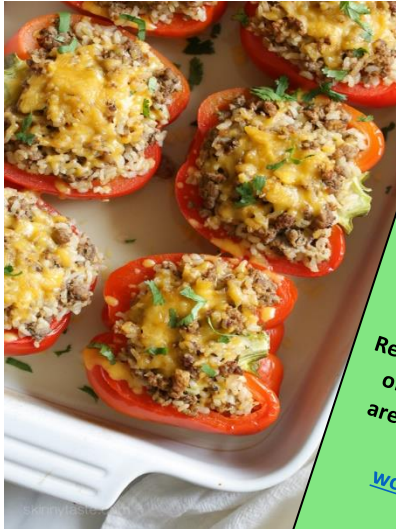




CHANGE ONE MEAL! June, 2018

Turkey (or Beef) Stuffed Peppers



CHANGE ONE MEAL 2018 is a Chanute Recreation Commission community health initiative through the Blue Cross/Blue Shield of Kansas Pathways to a Healthy Kansas grant and the National Recreation and Parks Association Healthy Out-of-School Time grant. Recipes align with NRPA's Commit to Health Food of the Month. June, 2018 Foods of the Month are berries and peppers. Find more recipes and info at <http://www.nrpa.org/our-work/partnerships/initiatives/commit-to-health/foods-of-the-month/>

INGREDIENTS

- 4 medium bell peppers, any color, washed and halved, with seeds removed
- 1 lb. ground turkey (may substitute lean ground beef, if preferred)
- 4 green onions, chopped
- ½ C. uncooked rice
- 1 14.5 oz. can diced tomatoes, no-salt added (or low-sodium), Italian seasoned (or with garlic)
- 1 4-oz. can low-sodium tomato paste

INSTRUCTIONS

1. Preheat oven to 350 degrees Fahrenheit. Lightly coat a 9 x 12 baking dish with cooking spray.
2. Cook rice according to package directions (omit salt).
3. While rice is cooking, brown the meat and onion over medium heat.
4. Stir browned meat, diced tomatoes and tomato paste into rice.
5. Spoon rice-meat mixture into pepper halves and arrange in baking dish.
6. Bake 20 - 25 minutes until peppers are softened. Serve hot.