

# Stuffed Pizza Peppers

Serves: 8

## Ingredients:

5 Bell Peppers  
1 T Olive Oil            1 t Oregano, 1 t Basil, 1/2 t Parsley  
1/2 Onion                1 t Sea Salt  
4 Garlic Cloves        1/2 Cup Mozzarella Cheese  
1 Pound Lean Ground Turkey  
1 Can Diced Tomatoes (14.5 oz)  
1 Can Tomato Paste (6 oz)  
1 Jar Pizza Sauce (12 oz)



Directions: Preheat oven to 375. Chop 1 bell pepper, onion, and garlic and sautee in olive oil until translucent and set aside. Brown turkey until cooked through. Add onion mixture along with tomatoes, paste, pizza sauce and seasonings. Simmer about 5 minutes. Cut bell peppers in 1/2 and hollow seeds and pith. Stuff mixture into each bell pepper half and top with mozzarella cheese and place in glass baking dish. Pour 1/2 cup water into dish (outside peppers) and bake 20 minutes until cheese begins to brown. Serve.



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**Nutrition Information per serving  
1/9 Pan:**

**Calories: 198**

**Fat: 6.4 grams**

**Protein: 21 grams**

**Carbohydrates: 14 grams**

**Fiber: 3.3 gram**

**Sodium: 456 g**

**Potassium: 600 mg**

**Pizza Hut (1/8 Pizza)**

**410 Calories**

**20 g Fat**

**10 g Protein**

**41 g Carbohydrate**

**1 g Fiber**

**830 mg Sodium**

**350 mg Potassium**

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