

ENTREE, POULTRY

330 calories per serving | ⌚ 70 minute recipe

Peppers Stuffed with Turkey and Wild Rice

by AICR [0 comments](#)*This content was last updated on February 21, 2020*

Vivid vegetables don't just add color to a dish; they also pack important phytochemicals. Green peppers are rich in lutein, red peppers are packed with beta-carotene and tomatoes provide lycopene. This recipe features a rainbow of healthy veggies and flavorful wild rice packed inside an edible pepper bowl. Ground turkey adds lean protein and onions and garlic lend flavor and cancer-fighting antioxidants.

Ingredients

1x 2x 3x

- 1 Tbsp. olive oil
- 1/2 medium onion, chopped
- 1 cup coarsely chopped mushrooms (any kind)
- 1 lb. ground turkey
- 2 cups baby spinach leaves, chopped
- 1 cup diced tomatoes
- 2 cloves garlic, minced or 1 tsp. garlic powder
- 1 tsp. paprika
- 1 tsp. oregano
- 3/4 cup chopped carrots, steamed and cut into 1/2 -inch chunks
- 1 1/2 cups cooked wild rice
- 4 large green or red bell peppers, tops removed and seeded*
- Salt and pepper, to taste

Makes 4 servings (1 pepper per serving). Per serving: 330 calories, 13 g total fat (3 g saturated fat, 0 g trans fat), 80 mg cholesterol, 27 g carbohydrates, 28 g protein, 5 g dietary fiber, 240 mg sodium, 7 g sugar, 0 g added sugar.

Directions

1. Preheat oven to 350 degrees.
2. In a skillet over medium-high heat, heat oil. Sauté onion and mushrooms until onions are translucent. Add turkey, spinach, tomatoes, garlic and seasonings and cook until turkey is cooked through, about 5-6 minutes.
3. Place turkey mixture in large mixing bowl and add carrots and wild rice. Combine well. Using spoon, lightly pack mixture into peppers.
4. Place peppers in 9-inch square oven dish, add 1/4 cup water to bottom of pan and bake about 45-50 minutes or until peppers are just tender. Serve.

Notes

* save tops to cover peppers during baking for a moister filling

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