

OCTOBER
TEACHING
KITCHEN

VIRTUAL WELLNESS SERIES

JACK-O-LANTERN STUFFED PEPPERS

Ingredients/Shopping List

- 1 tablespoon olive oil
- 1 medium onion, diced
- 1-2 garlic cloves, minced
- 1 lb lean ground turkey
- ½ teaspoon salt, ¼ teaspoon ground pepper
- 10 ounce bag fresh spinach (or 10 ounce package frozen spinach, thawed)
- 1 cup brown rice, cooked (or other grain such as quinoa, farro, or cous cous)
- 1 cup jarred pasta sauce
- 1 teaspoon Italian seasoning
- 1 cup shredded mozzarella cheese, divided
- 4 orange bell peppers

Instructions

1. Preheat oven to 400 degrees F.
2. Heat oil in a large skillet over medium heat. Add onion and cook, stirring occasionally, until softened, about 3 minutes. Add garlic, turkey, salt and pepper. Cook, crumbling the turkey with a wooden spoon; add the spinach and continue cooking until the spinach has wilted and the turkey is completely cooked through, 5-6 minutes in total.
3. Remove from heat and stir in rice, pasta sauce, seasoning and ½ cup of the cheese.
4. Meanwhile, cut out stem ends of bell peppers and set aside, and scoop out the seeds and as much of the membrane as you can. If your peppers don't sit upright on your cutting board, trim about 1/8-inch off the bottoms to even them out so they can stand without falling over. Using a paring knife, cut out a jack-o-lantern face on one side of each pepper.
5. Place the peppers and tops cut-side down in a large microwave and oven safe dish with ¼ cup water. Microwave on high about 6 minutes until peppers are tender but firm. Empty the water from the dish and turn the peppers cut-side up; set the tops aside.
6. Stuff the peppers with the turkey and rice mixture, and top with remaining cheese. Bake until heated through and the cheese on top is melted and starting to brown, about 15-20 minutes. Place the stem tops back on top of the peppers to serve.

