

# STUFFED PEPPERS

## PREP TIME

20 minutes

## COOK TIME

1 hr 15 minutes

## SERVINGS

6

## INGREDIENTS

- 1 cup red or brown lentils
- 2 cups water
- 1 tablespoon grated fresh ginger
- 2 clove garlic (mined)
- 1 teaspoon turmeric
- 1 pounds ground chicken
- 1 tablespoon fresh cilantro, chopped
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon cayenne pepper
- 6 small bell peppers (any color or assortment)
- 1/2 cup low sodium chicken broth

## INSTRUCTIONS

- 1.Preheat oven to 350 F.
2. Add lentils, water, ginger, garlic and turmeric to a medium sauce pan. Bring to a boil and reduce to a simmer, partially covered for 20 minutes. Set aside to cool.
3. While lentils are cooking, mix ground chicken, cilantro, salt, ground black pepper, and cayenne pepper in a medium bowl and set aside.
4. Cut the tops off of the peppers and cut out seed pod (save the tops). Clean out the ribs and any seeds from the inside of the peppers and line the peppers cut side up in a baking dish. Set the tops off to the side. (Note: If the peppers won't sit upright, trim a little bit off the bottom of the peppers so they will sit up straight. Try not to cut a hole in the bottom so the mixture inside does not fall out)
5. Once the lentils have cooled, stir them in to the chicken mixture and mix well to incorporate.
6. Fill each pepper with the chicken and lentil mixture but do not pack the mixture in tightly. Just gently fill to the top.
7. Place each pepper top back on to the peppers filled with the chicken and lentil mixture, then pour the chicken broth into the bottom of the pan.
8. Bake for 1 hour or until the internal temperature of the chicken mixture is 165 degrees.

Source: [www.diabetesfoodhub.org](http://www.diabetesfoodhub.org)



Nutrition Facts	
Serving size	
Amount Per Serving	
Calories	230
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 290mg	13%
Total Carbohydrate 23g	8%
Dietary Fiber 9g	32%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 25g	50%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

