PIZZA PEPPERS

Ingredients:

- 1-pound lean ground organic turkey
- 1T Italian seasoning
- 1 tsp crushed red pepper
- 1½ cups pizza sauce
- 4 bell peppers, sliced in half from top to bottom, and deseeded
- ½ cup part-skim shredded mozzarella cheese
- ¼ cup freshly grated Parmesan
- ¼ cup cherry tomatoes, sliced in rings like mini pepperonis
- ½ cup red onion, diced
- Preferred seasonings (garlic, oregano, red pepper flakes, etc.) and chopped fresh basil for garnish



Directions:

1. Preheat oven to 350°. Line a baking sheet with parchment paper.
2. Heat a large skillet over a medium flame.
3. Cook turkey with the Italian seasoning and crushed red pepper in the skillet for about 4 minutes, or until turkey is no longer pink. Drain off fat, then add the pizza sauce and cook for an additional minute.
4. Place the bell peppers on the prepared baking sheet and fill each bell pepper with an equal amount of the meat-sauce mixture.
5. Place the stuffed peppers in the oven and cook for 25 minutes.
6. Remove peppers from oven and top each with 1 tablespoon sauce. Next, sprinkle mozzarella then Parmesan, tomatoes, and onions evenly over the tops of each pepper.
7. Place pepper pizzas in oven for an additional 10 minutes or until the cheese is melty and bubbly. Garnish with seasonings and fresh basil.
8. Allow to set 5 minutes before serving. Enjoy two pizza peppers.

NUTRITION PER SERVING:

Calories 280, Protein 31g, Fat 6g, Sat Fat: 4g, Cholesterol 75mg, Carbs 15g, Fiber 3g, Sugar 9g, Sodium 330mg
Reference: https://joybauer.com

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