



FARMERS MARKET

37685 South Gratiot – Clinton Township, MI 48036 – 586.469.2525

Italian-Style Stuffed Red Peppers –

**1 lb. lean ground turkey or beef
3 red bell peppers, cut in half, stems removed and seeded
2 cups marinara sauce
1 tsp. Italian seasoning
1 tsp. garlic powder (or 1 garlic clove, pressed)
½ tsp. salt and pepper
½ cup frozen chopped spinach (thawed and squeezed dry) or veggie of choice
2 tbl. grated Parmesan or Mozzarella cheese, plus 6 tbl. to garnish over the top of each pepper**

- 1. Preheat oven to 450°. Line baking dish with foil for easy clean up, coat with non-stick cooking spray. Set peppers on baking pan.**
- 2. Meanwhile, cook ground turkey or beef in a large non-stick pan over medium-high heat. Stir and break up the turkey while it's cooking. When turkey is almost completely cooked through, add the sauce and seasonings to the pan. Stir and continue to cook until the turkey is completely cooked through. Add the spinach and parmesan and stir until everything is well combined.**
- 3. Scoop a half cup of the turkey mixture into each pepper. Sprinkle 1 tbl. Parmesan over each pepper (or mozzarella).**
- 4. Bake for 20 - 30 minutes, or until cheese is melted and lightly golden brown.**

Credit: dashingdish.com