



**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES

**Clermont County Extension**

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## Recipe of the Month - February 2016

### Stuffed Peppers

Serves 8

Serving Size: 1 stuffed pepper half

### Ingredients:

- ½ pound ground Italian sausage, turkey sausage or beef
- 1 onion, chopped (about 1 cup)
- 1 teaspoon dried oregano leaves
- 1 can (15 ounces) spaghetti sauce
- 3 cups cooked brown rice
- 1 cup shredded mozzarella cheese (divided)
- 4 green or red peppers (softball size)



Make MyPlate Your Plate

### Directions:

1. Preheat oven to 350°F.
2. Sauté sausage and onion in a large skillet over medium heat until browned and cooked to 155°F. Pour off any fat.
3. Stir in oregano, spaghetti sauce, rice, and ½ cup cheese.
4. Wash peppers, cut in half lengthwise, and remove seeds. Arrange in a 9x13-inch baking dish.
5. Spoon sausage mixture into the peppers, mounding on the top.
6. Cover with foil. Bake for 30 minutes. Remove the foil and sprinkle remaining ½ cup cheese on top. Continue to cook another 10 minutes.

**NUTRITION FACTS PER SERVING:** 290 calories, 10 g total fat (3g sat. fat), 35 mg cholesterol, 570 mg sodium, 36 g carbohydrates, 3 g fiber, 5 g sugar, 14 g protein

*Recipe compliments of Iowa State University Extension:  
Healthy & Homemade Meals 2016 Nutrition & Fitness Calendar*