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)

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