

STUFFED PEPPERS & ROASTED ASPARAGUS

PREP TIME

- Prep | 10 m
- Cook | 40 m
- Ready in | 50 m
- Serves | 4 people



INGREDIENTS

- 2 bell peppers, top cut off and cut in half, long ways
- 1 lb ground turkey or chicken
- 1/2 cup brown rice, cooked
- 1-15 oz can diced tomatoes
- 1 lb asparagus, woody ends trimmed
- 2 tbsp cooking oil
- Seasonings to taste (we recommend salt, pepper, 1 tsp garlic powder, 1 tsp onion powder, 1 tsp chili powder and 1 tsp oregano)
- 1/4 cup shredded cheese (optional)

MORE IDEAS

- Add more veggies to the mixture, like onions or fresh tomatoes.
- Add some heat! We recommend adding hot sauce and/or hot peppers, if you like spicy food!
- Use leftover rice mixture in veggie scrambles!
- Add in black beans for added fiber and protein.

PROCEDURE

- 01** Preheat oven to 400 degrees F.
- 02** Drizzle sliced peppers with 1 tsp cooking oil, then place them face up in a baking dish. Cover and bake for 15 minutes.
- 03** In a large skillet, brown the ground chicken/turkey for 5-6 minutes. .
- 04** Add cooked rice, diced tomatoes. and season with salt, pepper and desired spices. Cover and let simmer on low heat for 10 minutes.
- 05** Remove peppers from oven. Stuff each pepper with rice mixture. Add asparagus to tray and season with oil, salt, and pepper.
- 06** Bake for another 10-15 minutes or until desired consistency is reached.



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