



Stuffed Peppers & Roasted Asparagus

Serves: 4 people Total Cook Time: 50 minutes



Ingredients

Instructions

- 2 Green Bell Peppers, top cut off & cut in half long ways
- 1lb Ground turkey, seasoned with a dash of salt & pepper
- ½ cup Enriched Long Grain Rice, uncooked
- 1 can Diced Tomatoes
- 1lb Asparagus, woody ends snapped off
- 1 Lemon
- 2 tbsp Cooking Oil, divided
- ¼ cup Water
- ½ tsp Garlic Powder (optional)
- 1 tsp Onion Powder (optional)
- 1 tsp Oregano (optional)
- ¼ cup Shredded Cheese (optional)

1. Preheat the oven to 400F. In a large pan, cook the rice according to package instructions and then set aside in a separate bowl.
2. During this time, drizzle the bell peppers with 1 tbsp of cooking oil then place them face up in a baking dish. Cover and bake for 15 minutes then set aside.
3. In the same pan you cooked the rice, cook the seasoned ground turkey over medium - high heat (* if you have onion powder and oregano, add it during this step*). Once done, add the rice and canned tomatoes to the pan. Mix well to evenly combine the ingredients. Cover and reduce heat to simmer.
4. While the pepper halves are still in the baking dish, add the ¼ cup of water and then stuff with the rice mix. It is okay, and even encouraged, to spill over the sides (*if you have shredded cheese, add it during this step*)! Cover the baking dish again and bake for another 30 minutes.
5. When the stuffed peppers are halfway through baking, place the asparagus on a lined baking sheet. Drizzle them with 1 tbsp of cooking oil and season with a dash of salt and pepper (*if you have garlic powder, add it during this step*). Bake for 15 minutes or until they are tender to your liking.
6. Portion out the peppers, any spillover rice mix, and the asparagus onto 4 different plates. Serve with a lemon wedge to squeeze over the asparagus. Enjoy!