



Greek Stuffed Peppers

Prep: 20 minutes

Bake: 30 minutes • Serves: 4

- ½ cup pearled farro, rinsed and drained
- 2 large green bell peppers, halved lengthwise and seeded
- ½ pound 93% lean ground turkey
- 2 tablespoons olive oil
- ¼ cup chopped red onion
- ½ cup chopped eggplant
- 1 can (14.5 ounces) Italian style diced tomatoes with olive oil, garlic and spices
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ⅓ cup grated Parmesan cheese

1. Preheat oven to 350°. Prepare farro as label directs.

2. Place bell peppers, cut side up, on rimmed baking pan. In large skillet, cook turkey over medium-high heat 8 minutes or until browned, breaking up turkey with side of spoon; with slotted spoon, transfer to paper towel-lined plate.

3. In same skillet, heat oil over medium-high heat; add onion and cook 3 minutes, stirring occasionally. Add eggplant; cook 2 minutes, stirring occasionally. Add tomatoes with juice; cook 3 minutes, stirring occasionally. Stir in salt, pepper, farro and turkey.

4. Fill bell peppers with farro mixture; sprinkle with cheese. Bake 30 minutes or until peppers are tender.

Approximate nutritional values per serving:

316 Calories, 15g Fat (3g Saturated), 53mg Cholesterol, 616mg Sodium, 28g Carbohydrates, 5g Fiber, 6g Sugars, 2g Added Sugars, 20g Protein

Dietitian's Dish

> *Stuffed peppers offer a way to include most of the food groups in a single entrée. Choose your grain, add your protein (meat, seafood, or beans), include more veggies, and top with dairy. Serve them up with fruit and you've got a MyPlate meal in the making.*