

# Stuffed Peppers

## Ingredients:

- 1 cup red or brown lentils
- 2 cups water
- 2 cloves garlic, minced
- 1 teaspoon ground tumeric
- 1 pound lean ground chicken
- 1 tablespoon chopped fresh cilantro
- 1/2 teaspoon salt (optional)
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon cayenne pepper
- 6 medium bell peppers (assorted colors)
- 1/2 cup low-sodium, fat-free chicken broth (gluten free)
- 1 tablespoon grated ginger

## Directions:

1. Preheat oven to 350°F.
2. Add lentils, water, ginger, garlic, and tumeric to a medium saucepan. Bring to a boil and reduce to a simmer, partially covered for 20 minutes. Set aside to cool.
3. While lentils are cooking, mix ground chicken, cilantro, salt, ground black pepper, and cayenne pepper in a medium bowl and set aside.
4. Cut off and save the tops of the peppers and cut out seed pod. Clean out the ribs and any seeds from the inside of the peppers and line the peppers cut-side up in a baking dish. Set the tops off to the side.
5. Once the lentils have cooled, stir them in to the chicken mixture and mix well to incorporate.
6. Fill each pepper with the chicken and lentil mixture but do not pack the mixture tightly; just gently fill to the top.
7. Place each pepper top back on to the peppers filled with chicken and lentil mixture. Pour the chicken broth into the bottom of the pan.
8. Bake for 1 hour or until the internal temperature of the chicken mixture is 165°F.

For more information, please contact:

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Adapted from: <http://www.diabetes.org/mfa-recipes/recipes/2013-03-budget-friendly-stuffed.html>

## Nutrition Facts

Serving Size 1 pepper (328g)  
Servings Per Container 6

Amount Per Serving

**Calories 220**    **Calories from Fat 15**

% Daily Value\*

**Total Fat 2g**    **3%**

Saturated Fat 0g    **0%**

Trans Fat 0g

**Cholesterol 45mg**    **15%**

**Sodium 220mg**    **9%**

**Total Carbohydrate 25g**    **8%**

Dietary Fiber 7g    **28%**

Sugars 4g

**Protein 27g**

Vitamin A 10%    •    Vitamin C 160%

Calcium 4%    •    Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

