

# Stuffed Peppers

**Serving size:** one pepper; makes 5 servings

**Prep time:** 20 minutes

**Cook time:** 60 minutes

**Total time:** 80 minutes

## Ingredients

- 1/2 cup extra virgin olive oil
- 1 cups red or brown lentils
- 2 cups of water
- 1 tbsp grated fresh ginger
- 2 clove minced garlic
- 1 tsp turmeric
- 1 lbs lean ground chicken
- 1 tbsp chopped fresh cilantro
- ¼ tsp salt (optional)
- ¼ tsp cayenne paper
- 5 small bell peppers (any color)
- ½ cups low-sodium chicken broth



## Preparation

1. Preheat oven to 350 degrees F.
2. Add lentils, water, ginger, garlic and turmeric to a medium sauce pan. 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 the tops off of the peppers and cut out seed pod (save the tops). 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 in tightly, instead, gently fill to the top.
7. Place each pepper top back on to the peppers filled with the chicken and lentil mixture, then 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 degrees.

## Nutritional Information

### Per serving

Calories: 310

Total Fat: 8g

Saturated Fat: 2g

Cholesterol: 77mg

Total Carbohydrate: 32g

Dietary Fiber: 14g

Sugar: 6g

Protein: 27g

Sodium: 69mg

*Adjusted from:* <https://www.diabetesfoodhub.or>