Savory Walnut & Mushroom Stuffed Peppers

Tender bell peppers filled with a high-protein, low-carb walnut and mushroom mixture, perfect for a healthy and flavorful meal.

Servings: 2 **Time:** 45 minutes

Ingredients

- 2 large bell peppers (any color)
- 4 oz cremini mushrooms, finely chopped
- 1/3 cup walnuts, finely chopped
- 1/4 cup finely diced onion
- 1 clove garlic, minced
- 2 oz cooked lean ground turkey
- 2 tbsp olive oil
- 1/4 cup shredded low-fat mozzarella cheese
- 1 tbsp tomato paste
- 1/2 tsp smoked paprika
- 1/4 tsp black pepper
- 1/4 tsp salt
- 1 tbsp fresh parsley, chopped

Instructions

1. Preheat the oven to 375°F.
2. Cut the tops off the bell peppers and remove seeds and membranes. Set aside.
3. Heat 1 tbsp olive oil in a skillet over medium heat. Sauté onion and garlic until translucent, about 3 minutes.
4. Add chopped mushrooms and cook until moisture evaporates, about 5 minutes.
5. Stir in walnuts, cooked ground turkey, tomato paste, smoked paprika, salt, and pepper. Cook for 2 more minutes, stirring frequently.
6. Remove from heat and mix in chopped parsley.
7. Stuff each bell pepper with the walnut and mushroom mixture, then top with shredded mozzarella cheese.
8. Place stuffed peppers upright in a baking dish, drizzle remaining 1 tbsp olive oil over the peppers.
9. Bake uncovered for 20-25 minutes, until peppers are tender and cheese is melted and slightly golden.
10. Let cool for 5 minutes before serving.

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