Lean Turkey Mediterranean Stuffed Peppers

Bell peppers filled with savory ground turkey, fresh vegetables, and Mediterranean herbs for a healthy, low-carb, high-protein meal.

Servings: 2 **Time:** 50 minutes

Ingredients

- 2 large bell peppers (any color)
- 8 oz lean ground turkey
- 1/4 cup onion, finely chopped
- 1/2 cup zucchini, diced
- 1/2 cup cherry tomatoes, halved
- 1 garlic clove, minced
- 2 tbsp fresh parsley, chopped
- 1 tbsp fresh oregano, chopped (or 1 tsp dried)
- 1/4 cup crumbled feta cheese
- 1 tbsp olive oil
- 1/2 tsp ground cumin
- 1/4 tsp red pepper flakes (optional)
- Salt and pepper to taste
- 1/4 cup low-sodium chicken broth

Instructions

1. Preheat oven to 375°F.
2. Wash bell peppers, slice off the tops, and remove seeds and membranes.
3. Heat olive oil in a skillet over medium heat. Add onions and garlic; sauté until translucent, about 3 minutes.
4. Add ground turkey to skillet, breaking up with a spoon. Cook until no longer pink, about 5-6 minutes.
5. Stir in zucchini, cherry tomatoes, cumin, red pepper flakes, salt, and pepper. Cook for another 3 minutes.
6. Remove skillet from heat and mix in fresh parsley, oregano, and half the feta cheese.
7. Place bell peppers upright in a small baking dish. Fill each pepper with the turkey mixture, pressing down gently.
8. Pour chicken broth into the bottom of the dish to keep peppers moist while baking.
9. Top stuffed peppers with remaining feta cheese.
10. Cover with foil and bake for 25 minutes. Remove foil and bake an additional 10 minutes until peppers are tender.
11. Let cool slightly before serving.

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