Savory Ground Turkey Stuffed Peppers

Lean ground turkey and fresh veggies fill roasted bell peppers in this high-protein, low-carb meal perfect for weight-conscious eaters.

Servings: 2 **Time:** 45 minutes

Ingredients

- 2 large bell peppers (any color)
- 8 oz ground turkey
- 1/4 cup diced onion
- 1/4 cup diced zucchini
- 1/4 cup diced tomatoes (canned or fresh)
- 1 clove garlic, minced
- 1/2 tsp smoked paprika
- 1/2 tsp dried oregano
- 1/4 tsp black pepper
- 1/4 tsp salt
- 1 tbsp olive oil
- 2 tbsp grated Parmesan cheese
- Fresh parsley for garnish (optional)

Instructions

1. Preheat oven to 375°F.
2. Cut the tops off the bell peppers and remove seeds. Set aside.
3. Heat olive oil in a skillet over medium heat. Sauté onion and garlic until translucent, about 3 minutes.
4. Add ground turkey to the skillet. Cook, breaking apart, until no longer pink, about 5-7 minutes.
5. Stir in zucchini, diced tomatoes, smoked paprika, oregano, salt, and pepper. Cook for another 3 minutes until veggies soften.
6. Remove skillet from heat and stir in Parmesan cheese.
7. Stuff each bell pepper with the turkey mixture and place in a baking dish.
8. Cover with foil and bake for 25 minutes. Remove foil and bake an additional 5 minutes to lightly brown tops.
9. Garnish with fresh parsley if desired and serve warm.

powered by dishgen