

# U.S. Parmesan and Turkey Stuffed Pepper

Adding U.S. parmesan and baking in tomato sauce keeps this turkey-filled pepper moist and delicious.



## INGREDIENTS

(Makes 6 peppers)

Yellow Bell Peppers, large (evened bottoms)	6
Ground Turkey	900g
Onion, diced	60g
Egg, lightly beaten	1
Bread Crumbs	100g
Fresh Sage Leaf, minced	10g
Fresh Oregano, minced	10g
Fresh Thyme, minced	5g
Fennel Seeds, crushed	10g
Pepper	6g
Salt, divided	20g
Garlic, minced, divided	50g
<b>U.S. Parmesan, shredded, divided</b>	<b>140g</b>
Tomato Sauce	500ml
Mushrooms, chopped	80g

## NUTRITIONAL CONTENT

Per 100g

<b>Calories</b>	113kcal
<b>Total Fat</b>	5g
Saturated Fat	2g
Trans Fat	0g
Cholesterol	33mg
<b>Total Carbohydrates</b>	7g
Dietary Fiber	1g
Sugars	2g
<b>Protein</b>	10g
Calcium	92mg
Magnesium	17mg
Phosphorus	119mg
Potassium	183mg
Sodium	512mg
Iron	1mg
Vitamin A	276IU
Vitamin C	78mg

## PREPARATION

1. **Pre-heat oven to 190°C (375°F).**
2. **Prepare peppers by thinly cutting off the tops and removing the stems, seeds, and membrane. Place peppers in a baking dish that is a tight fit and deep enough that peppers do not stick over the top.**
3. **Cut around the stems of the removed tops and dice.**
4. **In a medium bowl, blend together the diced peppers, turkey, onion, egg, bread crumbs, sage, thyme, fennel seeds, pepper, ½ of the salt, ½ of the garlic, and 100g of the parmesan until incorporated.**
5. **Divide mixture and stuff into the six peppers, mounding the top if necessary.**
6. **In a medium bowl, mix together the tomato sauce, mushrooms, and the remaining garlic and salt.**
7. **Pour tomato mixture around the peppers in the baking dish.**
8. **Cover and bake for 50 minutes. Remove cover, spoon some of the sauce over the pepper tops, and bake for another 5-10 minutes or until thermometer inserted in a pepper reads 75°C (170°F).**
9. **Serve on plates, spooning the sauce over the top, and sprinkle the remaining parmesan over the sauce.**

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on [ThinkUSAdairy.org](http://ThinkUSAdairy.org), including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

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