# Power Meal: Stuffed Orange Bell Peppers

**4 MIN READ**

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# A nutrient-packed, low-carb recipe with lean ground turkey, beans, and veggies that’s easy to make and full of flavor.

This lean, low-carb, nutrient-dense dish is the perfect anchor for a light dinner — and can be turned into a heartier meal with some simple additions.

The star here is vibrant red or orange bell pepper, providing phytonutrients including vitamins A, C, and antioxidant beta-carotene. Lean ground turkey and fiber-rich cannellini beans deliver the protein; while zucchini, spinach, mushrooms, and lycopene-rich tomatoes pack this dish with more vitamins, minerals, and fiber.

Smoked paprika and turmeric provide layers of warmth and depth; avocado offers important omega-3 fatty acids; and feta plus an optional dollop of Greek yogurt give the dish just the right amount of tanginess.

# Recipe: Turkey-Stuffed Orange Bell Peppers

Makes 6 servings (½ pepper)

### You’ll need:

• 8”x11” baking dish, lightly greased with oil

- Medium-large skillet
- aluminum foil

## Ingredients

3 large red or orange bell peppers, cut in half lengthwise, seeds removed

16 oz lean ground turkey

1/2 cup cannellini beans, drained and rinsed

1/2 cup canned crushed tomatoes (increase amount if using optional grain)

1/2 cup red onion, diced

2 cloves garlic, minced

1 medium zucchini, diced

2-3 cup fresh spinach, chopped

6 oz baby portobello or crimini mushrooms, diced

1/4 cup feta cheese

2 tablespoons avocado oil, plus more for greasing baking dish

½ teaspoon salt

Ground pepper to taste

½ teaspoon smoked paprika

¼ teaspoon turmeric

2-3 tablespoons water (or white wine)

Fresh avocado chunks, for serving

Low-fat plain Greek yogurt (optional), for serving

## Step-by-Step Instructions

1. Preheat oven to 350 degrees F.
2. Heat oil in skillet over medium heat. Add onion and sauté for 2 minutes. Add mushrooms and garlic, and cook until softened, about 2 minutes longer.
3. Add ground turkey, breaking up with spoon, and cook until opaque, 2-3 minutes.
4. Stir in salt, black pepper, turmeric, and smoked paprika. Cook for 1 minute.
5. Add zucchini, spinach, and tomatoes, and stir to combine. Mix in beans and feta.
6. Cook for 2-3 minutes, stirring occasionally, until excess liquid reduces slightly. Remove from heat and taste, adjust seasoning as needed.
7. Place peppers cut-side up in baking dish. (If a pepper tilts, make a small slice on the bottom to level, taking care not to cut all the way through.) Spoon about 1/2 cup or more of turkey mixture into each half. If there’s leftover mix, save for another use. (Reserve pan, you’ll use it in a minute.)
8. Cover dish lightly with foil and place in oven. Bake for 20 minutes.
9. Meanwhile, return skillet to medium-high heat. Add a bit of water or wine, and reduce into a light sauce.
10. At 20 minutes, remove foil from peppers and spoon some sauce over each half. Increase heat to 400 degrees, and bake peppers uncovered for 15 more minutes or until soft.
11. Remove peppers from oven and serve topped with avocado and a dollop of Greek yogurt.

## Nutrition

Calories: 220, Protein: 17.3 g, Fat: 11.8 g, Carbohydrates: 12 g, Fiber: 3.1 g

## Tips and Add-Ons:

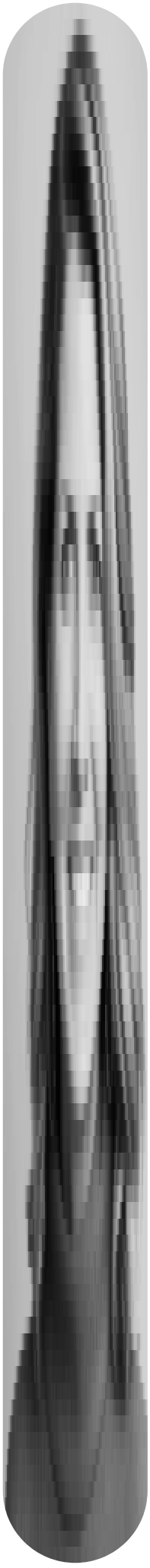
- **Double the beans**: Increase cannellini beans to 1 cup for extra plant protein and fiber.
- **Add a grain:** Stir in 1 cup cooked quinoa or brown rice (frozen, pre-cooked grains work great here) to the filling. If using, add more crushed tomato to keep the mix moist.

**More topping:** Add extra avocado and a bigger dollop (or side dish) of Greek yogurt.

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