



Curry Stuffed Bell Peppers

ingredients

- 4 medium bell peppers (any color) tops cut away, seeds and white membrane removed
- 1 Tbsp. extra virgin olive oil
- 1 small onion (diced)
- 1 lb. extra-lean ground turkey or chicken
- 1 medium zucchini (diced)
- 1 tsp. curry powder
- 1 tsp. no-calorie sweetener, granulated, 1/2 packet
- 1/2 tsp. cloves
- 1/2 tsp. garlic powder
- 1/2 tsp. black pepper
- 1 cup low-sodium chicken broth
- 1 1/2 cups quinoa (cooked to package instructions)
- 1/4 cup chopped, fresh cilantro

directions

- Preheat oven to 375.
- In a large skillet, heat oil over medium heat. Add onions and cook 2-3 minutes until translucent.
- Add turkey and brown - breaking up clumps and stirring until cooked through (it will turn greyish white).
- Add zucchini, curry powder, no-calorie sweetener, cloves, garlic powder and pepper. Stir and cook 2-3 minutes more. Remove from heat.
- Stir in chicken broth, quinoa, and cilantro until well mixed. Spoon 1/4 of mixture in to each bell pepper. Place peppers in an 8x8 baking dish, standing up. Add enough water to cover the bottom of the baking dish about 1/8 inch deep.
- Bake 25-30 minutes in preheated oven until peppers are tender and mixture is heated through.