

Asian Style Stuffed Peppers

6 Servings

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| 2 tbsp. sesame oil | 2 tbsp. low sodium soy sauce |
| 3 cloves garlic, minced | 1 tbsp. ginger |
| 1 small yellow onion, diced | 1/2 tsp. red pepper flakes |
| 1 tbsp. ginger, grated | 1/2 tsp. pepper |
| 1 pound ground turkey | 4 scallions, diced |
| 2 cups quinoa, cooked | 6 red peppers |

1. Preheat oven to 400 degrees.
2. Heat sesame oil on medium heat.
3. Add garlic, onion and ginger to pan and cook until fragrant.
4. Add ground turkey, cook through (about 5 minutes).
5. Add quinoa, seasonings and scallions, and mix until combined.
6. Spoon filling into hollowed peppers and bake for 15 minutes.

Nutrition Facts

Servings 6

Amount Per Serving

Calories 281

% Daily Value*

Total Fat 12g	18%
Saturated Fat 2g	12%
Monounsaturated Fat 4g	
Polyunsaturated Fat 4g	
Trans Fat 0g	
Cholesterol 52mg	17%
Sodium 279mg	12%
Potassium 641mg	18%
Total Carbohydrate 24g	8%
Dietary Fiber 5g	21%
Sugars 6g	
Protein 20g	40%
Vitamin A	96%
Vitamin C	264%
Calcium	22%
Iron	12%