

Low-Point Stuffed Peppers

Ingredients:

- 1 lb. ground turkey
- 1/2 cup chopped onion (or 1 tsp. onion powder)
- 1 clove garlic, chopped
- 1/4 tsp. chili powder, optional
- 1 tsp. salt
- 1/2 tsp. pepper
- 1 can condensed tomato soup
- 1 cup low-fat mozzarella shredded cheese
- 4 medium peppers, (red, yellow, orange, and/or green)
- 1/2 zucchini, chopped or 1 cup chopped broccoli (optional)

Cook ground turkey, onion, and garlic in skillet until meat is browned. Drain grease. Add seasonings and tomato soup and simmer on low for 3 minutes. Add cheese and veggies (if desired), stirring occasionally until cheese is melted. Cut off tops of peppers and scoop out the insides with a spoon. Cook peppers in boiling water for 3 to 5 minutes (or until barely tender but not mushy.) Scoop ground turkey mixture into peppers and serve. (Sprinkle a little cheese on top if desired.)

Total servings = 4

Serving size = 1

Points per serving = 5.5

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

***"What you be tomorrow, depends on the choices you make today."
- Anonymous***