

Stuffed Bell Peppers

- 4 red, green or yellow bell peppers
- 2 cups cooked brown rice, quinoa, barley or cous cous
- 1 tablespoon olive oil
- 2 tablespoons minced garlic
- 1 teaspoon onion powder
- 1 onion, chopped
- 1 pound ground turkey
- 1/8 cup chia seeds
- ½ cup + 2 tablespoons shredded cheese (your choice)
- Salt and pepper to taste



Preheat oven to 350 degrees. Cut tops off of peppers, and remove seeds. Place peppers in a steamer basket; steam for 10 minutes, or until tender. I like to chop the tops of the peppers and use them in the stuffing, cooking them with the onions and garlic. While peppers are steaming, cook the brown rice or other grain of your choice, adding 1 tablespoon minced garlic and 1 teaspoon onion powder during cooking. In a large pot, heat olive oil, and cook onion and remaining minced garlic until soft, about 5 minutes. Add the ground turkey, and cook until meat is no longer pink. Add brown rice (or other grain), salt and pepper (if using), chia seeds and ½ cup shredded cheese, and stir until mixed well. Stuff peppers with the turkey mixture, and sprinkle the 2 tablespoons shredded cheese on top of peppers. Place in a foil-lined baking dish, and bake at 350 degrees for 25 minutes, or until cheese is golden brown.

Center for Health and Vision
Kenneth Lester Malamud, M.D.
Paulette LeCompte Malamud, R.N.

Holistic Eye Care for the Family

1001 Buchanan Dr., Ste. 3
Burnet, TX 78611
512-715-EYES (3937)