

Stuffed Peppers

Preparation time	20 minutes
Cooking time	45 minutes
Servings	4-6
Cost per serving	\$2.42 without cheese (\$2.57 with cheese)
Storage	3 days in the fridge. Can be frozen.
Kitchen tools	Measuring cups and spoons, cutting board, sharp knife, cheese grater, small pot, frying pan, wooden spoon, 9 x 13-inch baking dish.



Ingredients

OR GROUND TURKEY OR BEEF



375 g (¾ lb) ground chicken



125 ml (½ cup) rice



15 ml (1 tbsp) canola oil



1 large yellow onion, peeled and chopped



1 egg



2 garlic cloves, peeled and minced



15 ml (1 tbsp) paprika



125 ml (½ cup) water



Salt and pepper to taste



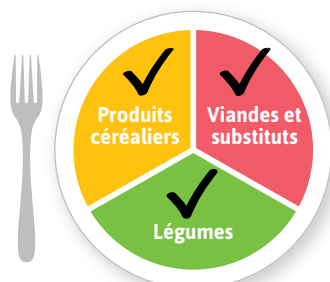
3 green bell peppers

YOU CAN ALSO USE RED, ORANGE OR YELLOW PEPPERS.



60 ml (¼ cup) grated cheddar cheese (optional)

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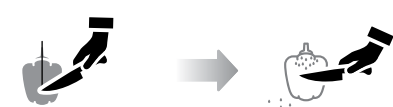




Balanced plate

Serve with:

? A fruit

? A glass of milk or fortified soy beverage

Directions

<p>1 Place oven rack in the middle position and preheat the oven to 200°C (400°F).</p>	
<p>2 In a small pot, cook the rice as indicated on the package.</p>	
<p>3 Meanwhile, cut the green bell peppers in half from top to bottom (splitting the stem) and remove the seeds.</p>	
<p>4 In a frying pan, heat the oil over medium-high heat and add the onion and chicken, and cook for about 5 minutes, or until the chicken is cooked through.</p>	
<p>5 When the chicken is cooked, turn off the heat and add the egg, garlic, cooked rice, paprika and water. Add salt and pepper and mix. Set aside.</p>	
<p>6 Fill each half pepper with the chicken and rice mixture. Spread the grated cheddar cheese over each pepper half and place the stuffed pepper halves in the baking dish.</p>	
<p>7 Bake for 20 to 30 minutes until the peppers are cooked. Tip: Use the cooking time to prepare your side dishes.</p>	

My rating: ★ ★ ★

This original recipe was developed by Extenso – The Université de Montréal reference centre on human nutrition