

Stuffed Peppers – No Rice

Ingredients

- 6 green peppers
- 1 tbl olive oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 lb ground turkey
- 1 tbl Worcestershire
- ½ tbl Italian seasoning
- 8 oz ricotta cheese
- 12 oz fresh spinach
- Salt and pepper to taste

Directions

- Preheat oven to 350 degrees.
- Cut top off peppers and remove the core and seeds. Cook them in boiling water for 5 minutes.
- Place peppers in a baking dish big enough to hold them securely (8 x 8 square pan).
- Heat olive oil on medium heat in a large skillet. Add onions and garlic and sauté until translucent. Add turkey, Italian seasoning, Worcestershire and salt and pepper.
- When turkey is browned, turn off the heat, drain the drippings and then add the ricotta cheese and spinach. Mix together and taste, adding salt and pepper if needed.
- Fill the peppers with the stuffing.
- Mix 14 oz can of tomato sauce, 1 tbl Italian seasoning, ½ tsp garlic powder and 1 tbl balsamic vinegar and pour over peppers.
- Bake 15 minutes then top with grated cheddar cheese and back another 10 - 15 minutes.