Stuffed Bell Peppers

**Ingredients:**
- 1 pound ground turkey
- 1/2 onion
- 15 ounces low sodium tomato sauce
- 1/4 cup water
- 1/8 teaspoon pepper
- 1/2 cup instant rice, uncooked
- 6 medium green peppers

**Equipment:**
- Cutting board
- Knife
- Baking pan
- Measuring cups
- Measuring spoons
- Can opener
- Non stick skillet with cover
- Aluminum foil

**Number of Servings:** 6
**Prep Time:** 15 minutes
**Total Time:** 1 hour

**Directions**

1. Cut green peppers in half and remove tops and seeds. Set aside.
2. Cut ends off of onion and peel off brown layers. Chop into small pieces.
3. Crumble ground turkey into non stick skillet, add onion.
4. Cook together for 8-10 minutes or until meat is browned, drain liquid from skillet.
5. Open canned tomatoes and drain liquid into skillet along with 1/2 of the tomatoes.
6. Add, corn, water, salt and pepper. Bring to a boil.
7. When boiling, stir in rice, cover and simmer on low for 5 minutes. Remove from heat and let stand for 5 minutes.
8. Spoon mixture into green pepper halves, and place in a shallow baking dish. Add 1/4 cup water to dish to keep peppers from burning.
9. Spoon remaining tomatoes over peppers, cover with aluminum foil and bake at 350ºF for 45 minutes. Let stand for 5 minutes before serving.

**Nutrition Facts**

- **Calories:** 219
- **Total Fat:** 6g (16%)
- **Cholesterol:** 25mg
- **Sodium:** 850mg
- **Total Carbohydrate:** 22g
- **Dietary Fiber:** 3g
- **Protein:** 16g
- **Vitamin A:** 27%
- **Vitamin C:** 19%
- **Iron:** 12%
- **Calcium:** 3%

**Healthy version of a family favorite, loaded with Vitamin C and A, and fiber too.