



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Stuff'em for one more serving of veggies!

To eat healthier, we add more servings of veggies to our diet. That may mean another side of veggies or salad with a meal, or even raw veggies as a snack. A fun and flavorful way to get another serving is to stuff them! Stuffed peppers and pepper nachos are great options that will get you eating an extra serving of vegetables in a delicious way.

Greek Stuffed Peppers

Ingredients:

- 1 cup pearly farro, rinsed and drained
- 2 large green bell peppers, halved lengthwise and seeded
- 1/2 lb. 93% lean ground turkey
- 2 Tbsps. olive oil
- 1/4 cup chopped onion
- 1/2 cup chopped portabella mushrooms
- 1 can (14.5 oz.) Italian style diced tomatoes
- 1/2 tsp. salt
- 1/4 tsp. ground black pepper
- 1/3 cup grated Parmesan cheese



Directions:

1. Preheat oven to 350°. Prepare farro as label directs.
2. Place bell peppers, cut side up, on rimmed baking pan. In large skillet, cook turkey over medium-high heat 8 minutes or until browned, breaking up turkey with side of spoon; with slotted spoon, transfer to paper towel-lined plate.
3. In same skillet, heat oil over medium-high heat; add onion and cook 3 minutes, stirring occasionally. Add eggplant; cook 2 minutes, stirring occasionally. Add tomatoes with juice; cook 3 minutes, stirring occasionally. Stir in salt, pepper, farro and turkey.
4. Fill bell peppers with farro mixture; sprinkle with cheese. Bake 30 minutes or until peppers are tender.

Bell Pepper Nachos

Ingredients:

- 1 lb. 93% lean ground beef
- 1 pkt. (1 ounce) taco seasoning
- 3 large bell peppers, cut in 2-inch strips and halved lengthwise
- 1 cup drained and rinsed black beans
- 1/2 cup fresh or frozen corn kernels, thawed if necessary
- 1 cup shredded Cheddar cheese
- 1 avocado, peeled, pitted, and chopped
- 1 Roma tomato, chopped
- 1-1/2 cups shredded romaine lettuce
- 1/2 cup plain nonfat Greek yogurt



Directions:

1. Preheat oven to 400°F. Spray rimmed baking pan with cooking spray. In large skillet, cook beef over medium-high heat 8 minutes or until browned, breaking up beef with side of spoon. Stir in taco seasoning and 2/3 cup water, then heat to a boil. Reduce heat to medium-low; cook 3 minutes or until thickened; stirring occasionally. Makes about 3 cups.
2. Place peppers, cut side up, on prepared pan, then top with beef mixture, beans, corn and cheese. Bake 20 minutes or until golden brown and cheese melts.
3. Serve nachos topped with avocado, tomato, lettuce, and yogurt.