



Turkey Taco Mini Stuffed Peppers



INGREDIENTS

- 2 pounds mini bell peppers
- 1 pound ground turkey
- $\frac{3}{4}$ cup water
- 2 teaspoons chili powder
- 1 $\frac{1}{2}$ teaspoons ground cumin
- $\frac{1}{2}$ teaspoon paprika
- $\frac{1}{2}$ teaspoon crushed red pepper
- $\frac{1}{4}$ teaspoon garlic powder
- $\frac{1}{4}$ teaspoon onion powder
- $\frac{1}{4}$ teaspoon dried oregano
- $\frac{1}{4}$ teaspoon black pepper

For the sauce:

- 1 cup non-fat Greek yogurt
- $\frac{1}{2}$ cup fresh cilantro, finely chopped
- $\frac{1}{2}$ teaspoon minced garlic
- 2 tablespoons lime juice

Nutrition Information:

Calories: 140, Total Fat: 1.5g, Saturated Fat: 0g, Cholesterol: 30mg, Sodium: 75mg, Total Carbohydrate: 10g, Fiber: 3g, Protein: 24g

DIRECTIONS (Yields 6 servings)

- Preheat oven to 350°F
- Slice 1/3 of each pepper off length wise
- Remove seeds and stems from peppers
- Chop slices finely and set aside
- In a medium skillet, cook ground turkey with chopped peppers over medium heat for 5-7 minutes, stirring occasionally until turkey is brown
- Drain liquid, stir in water and all seasonings
- Cook over medium heat for 5-10 minutes, stirring occasionally
- Fill each pepper as full as possible with the turkey mixture and place on a baking sheet
- Bake peppers for 13-15 minutes

While peppers are baking...

- Combine Greek yogurt, cilantro, garlic, and lime juice in a small bowl
- Remove peppers from oven
- Drizzle the cilantro yogurt sauce over stuffed peppers
- Serve and enjoy!