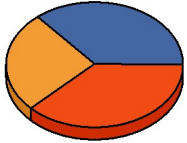




## Stuffed Mexican-Style Peppers (Poblano)

Recipe grams: 1165.61g/41.1oz

Serves 2 582.80g/20.6oz per serving



Protein: 36%  
Carbohydrates: 26%  
Fat: 38%

### INGREDIENTS

2 medium GREEN PEPPER, SWEET, RAW (BELL), MEDIUM  
12 oz GROUND TURKEY, 93% LEAN, 7% FAT, RAW  
1 cup CORN, SWEET, RAW, kernels  
1 onion ONION, SWEET, RAW  
1/4 cup ENCHILADA SAUCE  
1/4 cup CORIANDER, RAW (CILANTRO, CHINESE PARSLEY)  
1 tbsp CHILI POWDER  
1/2 tbsp CUMIN SEED  
1 oz MONTEREY CHEESE, LOWFAT

### DIRECTIONS

Preheat Oven to 400° F

Halve the poblanos lengthwise into halves. Peel onion and dice. Chop cilantro.

Place poblanos face down on a baking sheet coated with cooking spray. Roast in the oven until tender, 10 - 12 minutes.

While peppers are roasting, brown turkey in a medium-hot pan coated with cooking spray. Transfer to a mixing bowl.

Return pan to heat. Add onion and cook until softened. Add corn, seasonings and cilantro. Heat through and add to the turkey. Stir to combine. Warm enchilada sauce in the warm pan.

Remove poblanos from oven and flip cut side up. Distribute filling among the peppers. Pour enchilada sauce over stuffed peppers and top with cheese.

Return to oven and warm until cheese melts. Serve.

Nutrition Facts		
2 servings per container		
<b>Serving size 1 serving (583g)</b>		
Amount per serving		
<b>Calories</b>		<b>470</b>
% Daily Value*		
<b>Total Fat</b>	19g	<b>25%</b>
Saturated Fat	6g	<b>30%</b>
Trans Fat	0g	
<b>Cholesterol</b>	135mg	<b>45%</b>
<b>Sodium</b>	640mg	<b>28%</b>
<b>Total Carbohydrate</b>	38g	<b>14%</b>
Dietary Fiber	7g	<b>25%</b>
Total Sugars	18g	
<b>Protein</b>	42g	
Vit. D 0.74mcg 4% • Calcium 209mg 15%		
Iron 5mg 30% • Potas. 1100mg 25%		