



Beefy Stuffed Peppers

1 cup uncooked, whole wheat couscous
1 small tomato, diced
½ cup garbanzo beans
1 teaspoon dried Italian seasoning

¼ teaspoon ground black pepper
1 teaspoon salt
½ cup low fat shredded mozzarella cheese

4 large bell peppers
½ pound lean ground beef
1 tablespoon chopped green onion
1 tablespoon minced garlic

Cook couscous according to package directions. **Preheat** oven to 350 degrees F. **Combine** cooked couscous, tomato, beans, Italian seasoning, pepper, salt and mozzarella cheese in large bowl; set aside. **Remove** the tops, seeds and membranes from peppers. **Cook** peppers in boiling water for 5 minutes; **drain** upside down on paper towels. **Cook** beef until lightly browned in skillet. **Add** minced garlic and green onions to beef and sauté until

soft. **Drain** fat. **Toss** beef mixture into the couscous mixture. **Stuff** bell peppers evenly with mixture. **Place** in a lightly greased 9 x 9 inch baking dish. **Bake** for 15-20 minutes or until peppers are tender and cheese is melted.

Yield: 4 servings

Nutritional Analysis: 280 calories, 6 g fat, 2.5 g saturated fat, 35 mg cholesterol, 790 mg sodium, 36 g carbohydrate, 7 g fiber, 6 g sugar, 21 g protein



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



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Kentucky Bell Peppers

SEASON: June through the first frost, usually September.

NUTRITION FACTS: Bell peppers are low in calories, high in vitamin C and a good source of vitamin A. One raw, medium-sized pepper contains about 20 calories. Red peppers are higher in both vitamins C and A than green peppers.

SELECTION: Select peppers that are heavy for their size, with bright, shiny skins. Avoid flabby, wrinkled or soft peppers.

STORAGE: Store in the refrigerator for 3 to 5 days. Place them in the vegetable crisper or in plastic bags.

Source: www.fruitsandveggiesmatter.gov

PREPARATION: To prepare peppers, wash carefully without bruising. Peppers can be served raw, grilled, stuffed or roasted. Add them to salads, casseroles, Chinese or Mexican dishes.

PRESERVING: Wash and stem peppers. Package, leaving no head space. Seal and freeze.

KENTUCKY BELL PEPPERS

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human
Nutrition students

June 2013

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