

SANTA FE TURKEY STUFFED PEPPERS

Santa Fe inspired stuffed bell peppers loaded with a zesty filling of ground turkey, corn, black beans, hot peppers and tomatoes, topped with melted cheese and scallions.

These were sooo good I heavily debated saving this recipe for the cookbook! They have just the right amount of kick, but you can certainly turn the heat up a bit more if you like.

High in protein and fiber, one serving filled me up with a side of sliced avocado and a little sour cream on top, but if you want more carbs, a side of [cilantro lime rice](#) would be perfect!

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Servings: 6 • **Serving Size:** 1/2 pepper • **Points +:** 4 pts • **Smart Points:** 4

Calories: 160 • **Fat:** 3 g • **Carbs:** 19 g • **Fiber:** 4 g • **Protein:** 15.5 g • **Sugar:** 1 g

Sodium: 119 (without salt)

Ingredients:

For the filling:

- 1/2 lb 99% lean ground turkey ✓
- 3/4 cups canned black beans, rinsed and drained
- 3/4 cups frozen corn
- 1 hot pickled serrano pepper, chopped (or jalepeño) more to taste
- 1 large diced tomato
- 1 clove garlic, minced
- 3 tbsp chopped onion
- 2 tbsp chopped cilantro, plus more for garnish
- 1 tsp cumin
- kosher salt to taste

For the peppers:

- 3 red bell peppers, cut in half lengthwise ✓
- 1/3 cup reduced sodium, fat free chicken broth ✓

- 9 tbsp shredded reduced-fat Sargento Monterey Jack cheese
- 1 tbsp chopped scallions, for garnish

Directions:

In a large skillet **brown** the turkey and **season** with salt. When the turkey is browned, **add** onion, garlic, black beans, cilantro, serrano pepper, diced tomatoes, and cumin. **Mix** well and **simmer** on low, **covered** for 20 minutes. **Remove** lid, add corn and simmer an additional 5 minutes or until all the liquid reduces.

Preheat oven to 350°. **Cut** peppers in half lengthwise, removing seeds and stem.

Place peppers, cut side up in an oven-proof dish. **Fill** each pepper with 1/2 cup turkey mixture. **Pour** about 1/3 cup water or chicken broth on the bottom of the dish. **Cover** tight with foil. **Bake** 45-50 minutes, or until the peppers become soft.

Remove foil, top each with 1 1/2 tbsp of cheese and **bake** uncovered an additional 5 minutes. **Top** with scallions and serve with reduced-fat sour cream if desired (optional).

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