

Cheese-Filled Baked Peppers

INGREDIENTS

- » Nonstick vegetable cooking spray
- » 2 large red bell peppers
- » 2 large green bell peppers
- » 1 1/2 cups part-skim ricotta cheese
- » 1 tsp grated lemon rind
- » 2 tsp salt-free herb seasoning blend, divided
- » 1/4 cup Parmesan cheese
- » 1 egg
- » 1 tsp olive oil
- » 6 chopped green onions
- » 2 minced garlic cloves
- » 1 cup finely chopped celery
- » 1 cup chopped mushrooms
- » 3/4 cup dry seasoned bread crumbs
- » 3/4 cup water
- » 1/2 cup grated mozzarella cheese
- » 8 oz fettuccini noodles, cooked according to directions without salt or fat

Nutritional Content

Per Serving

Calories	495cal	Cholesterol	95mg
Protein	29g	Sodium	645mg
Carbohydrate	69g	Calories from Fat	24%
Fat	13g	Fiber	6g
Saturated Fat	6g		

Cheese-Filled Baked Peppers

INSTRUCTIONS

Preheat oven to 400°F. Spray a 9 x 13 baking dish with nonstick vegetable cooking spray. Cut peppers in half lengthwise; remove seeds and membranes. Place peppers cut side up in prepared baking dish; set aside. In a bowl combine ricotta cheese, lemon rind, 1 tsp salt-free herb seasoning blend, and Parmesan cheese. In a separate bowl, whisk egg lightly and then add to cheese mixture. Mix well and then evenly spoon cheese mixture into pepper halves; set aside. In a large skillet, over medium-high heat, add olive oil, green onions, minced garlic, celery, and mushrooms. Sauté for 3 to 4 minutes and add seasoned bread crumbs, 1 tsp salt-free herb seasoning blend, and water. Remove from heat and stir. Evenly spoon the bread crumb mixture on top of the cheese mixture in the peppers. Finally, top each pepper half with a sprinkle of grated mozzarella cheese. Bake for 20 to 25 minutes. Serve with cooked fettuccini noodles. Serves 4.