

Cheese-Filled Baked Peppers

INGREDIENTS

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

Nutritional Content

Per Serving

Calories	489cal	Cholesterol	42mg
Protein	28g	Sodium	629mg
Carbohydrate	69g	Calories from Fat	24%
Fat	13g	Fiber	6g
Saturated Fat	6g		

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INSTRUCTIONS

Preheat oven to 400°F. Spray a small baking dish with nonstick vegetable cooking spray. Cut pepper in half lengthwise. Remove seeds and membrane. Place pepper cut side up in prepared baking dish. Set aside. In a bowl combine ricotta cheese, lemon rind, 1/4 tsp salt-free herb seasoning blend, and Parmesan cheese. Mix well and then evenly spoon cheese mixture into pepper halves. Set aside. In a skillet, over medium-high heat, add olive oil, green onions, minced garlic, celery, and mushrooms. Sauté for 2 to 3 minutes and add seasoned bread crumbs, 1/4 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 1

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