



Mangia Lasagna Stuffed Peppers



1/4th of recipe (1 stuffed pepper): 256 calories, 7g total fat (3.5g sat. fat), 618mg sodium, 22g carbs, 6.5g fiber, 12g sugars, 27g protein

Prep: 20 minutes **Cook:** 45 minutes

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Ingredients

- 4 large bell peppers
- 1 1/4 cups canned crushed tomatoes
- 1/2 cup light/low-fat ricotta cheese
- 2 tsp. chopped garlic
- 1 tsp. onion powder
- 1 tsp. Italian seasoning
- 3 tbsp. chopped fresh basil
- Dash nutmeg
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 12 oz. raw extra-lean ground beef (4% fat or less)
- 1 cup chopped onion
- 1/2 cup chopped mushrooms
- 4 cups roughly chopped spinach
- 1/4 cup shredded part-skim mozzarella cheese

Directions

Preheat oven to 350 degrees.

Carefully slice off and discard stem ends of bell peppers, about half an inch from the top. Remove and discard seeds. Place peppers cut-side up in an 8" X 8" baking pan. If they don't sit flat, gently lean them against the pan sides.

Bake until soft, 35 - 40 minutes.

Meanwhile, in a medium bowl, combine crushed tomatoes, ricotta, garlic, onion powder, and Italian seasoning. Add 2 tbsp. basil, nutmeg, 1/4 tsp. salt, and 1/8 tsp. black pepper. Mix until uniform.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add beef and sprinkle with remaining 1/4 tsp. salt and 1/8 tsp. black pepper. Add onion and mushrooms. Cook and crumble until beef is fully cooked and veggies have softened, about 6 minutes.

Reduce heat to medium low. Add spinach and tomato mixture to the skillet. Cook and stir until spinach has wilted and mixture is hot, about 2 minutes.

Remove pan from oven. Increase temperature to 400 degrees.

Blot excess moisture from bell peppers. Evenly fill with skillet contents.

Sprinkle with mozzarella, and bake until melted, about 5 minutes.

Top with remaining 1 tbsp. basil.

MAKES 4 SERVINGS

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