

Cauliflower Stuffed Peppers

Source: Jen's Kitchen

Cook	Total
25 hr	25 hr

Serving: 3

1 Serving is 2 Pepper Halves:

Per serving, 1 Leaner, 3 Greens, 3 Condiments

Ingredients

3 **bell peppers** (*red, yellow, or orange*) (6 Greens)

1 lb **ground turkey meat** (2 Leaner)

1.5 Cups **frozen riced cauliflower** (3 Greens)

1 t **PC Everything Taco Seasoning** *divided* (2 Condiments)

4 T **Salsa** (*low in sugar*) *divided* (4 Condiments)

4 oz **Part-Skim Mozzarella Shredded** (1 Lean)

Directions

1. Pre-heat oven to 400.
2. Place riced cauliflower bag into microwave for 2 minutes (to speed up cooking process).
3. While cauliflower is thawing, cook ground turkey (or your choice of protein). Add 1/2 t taco seasoning + 2 T salsa to ground turkey. Cook until browned. Remove from pan and place riced cauliflower in pan to "crisp". You can do this with the meat, however it will steam more rather than "crisp".
4. While cauliflower is cooking, clean 3 bell peppers and slice vertically (stem to base of pepper). Remove seeds, but keep stems on for integrity of the pepper until eating. Place in a microwave safe container with cut sides up and microwave on high for 3 minutes. Once cooked, remove from microwave and blot the inside of peppers dry (if moisture has built up).
5. Once riced cauliflower has a slight brown to it, add 2 T of salsa and 1/2 t of taco seasoning. Add in meat mixture and incorporate riced cauliflower and taco meat together. Stuff 6 peppers evenly and top evenly with cheese.
6. Place in oven for 10 minutes. Broil at the end of cooking to brown the cheese as desired.

