



HEALTH SCORE

97%

Turkey and Quinoa Stuffed Peppers



Very Healthy

READY IN



75 min.

SERVINGS



4

CALORIES



859 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 avocado diced pitted ripe peeled halved



1 leaf flat parsley sprigs fresh for garnish



1 handful cilantro leaves fresh



1 clove garlic minced



1 clove garlic minced peeled



2 large bell peppers green



1 teaspoon ground cumin



0.5 jalapeño seeds removed coarsely chopped

- ☐ 1 juice of lime
- ☐ 2 cups lightly and kale leaves packed stemmed julienned
- ☐ 4 servings kosher salt and freshly cracked pepper black
- ☐ 1 pound pd of ground turkey lean
- ☐ 2 cups chicken broth low-sodium
- ☐ 4 servings olive oil
- ☐ 4 servings olive oil extra-virgin
- ☐ 1.5 cups ground panko breadcrumbs finely
- ☐ 0.3 cup parmesan grated
- ☐ 0.3 cup pepitas toasted
- ☐ 1 cup quinoa red
- ☐ 2 large bell peppers red
- ☐ 1 teaspoon pepper flakes red crushed
- ☐ 8 ounces tomatillos husked
- ☐ 0.3 cup white wine
- ☐ 0.5 vidallia sweet chopped

Equipment

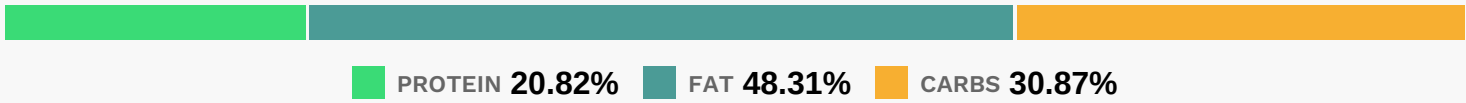
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 425 degrees F.
- ☐ For the quinoa: Over medium-high heat, bring the broth to a boil in a medium saucepan. As the broth is coming to boil, add the quinoa, then stir and cover. Reduce the heat to a simmer and steam the quinoa until the grains pop, about 10 minutes.
- ☐ Remove from the heat and let stand for 10 minutes. Fluff with a fork.
- ☐ For the peppers: Set a large saute pan over medium-high heat.
- ☐ Add a drizzle of olive oil and add the turkey, crushed red pepper flakes and garlic.
- ☐ Sprinkle with salt and pepper. Cook until well browned, 5 to 7 minutes, while stirring with a wooden spoon and breaking up the pieces. Deglaze with the wine. While the turkey is browning, rinse the peppers and pat dry. With the pepper lying down on its side, cut off the top and remove the seeds and membrane. Repeat for the remaining peppers. Leave the stem on the top for presentation. Set aside.
- ☐ Once the turkey is browned, shut off the heat and fold in the quinoa, kale and pepitas.
- ☐ Mix to incorporate all ingredients thoroughly. Check for seasoning and adjust with salt and pepper if required.
- ☐ In a small mixing bowl, combine the panko and Parmesan.
- ☐ Add a drizzle of olive oil to lightly moisten and season with salt and pepper. Set the peppers on a roasting tray cut-side up and stuff each with about 1/3 cup of filling. Top each pepper half with about 2 tablespoons of panko-Parmesan topping. Cover loosely with foil, place in the center of the oven and bake for 15 minutes. When the peppers are tender and cooked through, remove the foil and turn on the broiler. Cook under the broiler to brown the panko breadcrumbs and crisp up, 1 to 2 minutes.
- ☐ Remove the peppers from the oven and allow to rest before serving.
- ☐ To present, place 1/4 cup of Roasted Tomatillo Avocado Sauce on a plate and place the roasted, stuffed pepper halves in the middle of sauce.
- ☐ Garnish with parsley sprigs.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Place the tomatillos onto a baking sheet. Toss the tomatillos with olive oil. Season with salt and pepper and place into the oven. Roast until nicely charred, about 10 minutes.
- ☐ Remove from the oven and set aside to cool.

- ☐
- Combine the tomatillos, 1/4 cup water, cumin, 1 teaspoon salt, avocado, garlic, jalapenos, onions, lime juice and cilantro in a blender and puree until completely smooth.
- ☐
- Place in the refrigerator and allow the sauce to settle before serving, so it is smooth.

Nutrition Facts



Properties

Glycemic Index:81.75, Glycemic Load:1.96, Inflammation Score:-10, Nutrition Score:52.286086891008%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Luteolin: 4.43mg, Luteolin: 4.43mg, Luteolin: 4.43mg, Luteolin: 4.43mg Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg Kaempferol: 5.46mg, Kaempferol: 5.46mg, Kaempferol: 5.46mg, Kaempferol: 5.46mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 11.07mg, Quercetin: 11.07mg, Quercetin: 11.07mg, Quercetin: 11.07mg

Nutrients (% of daily need)

Calories: 859.24kcal (42.96%), Fat: 47.02g (72.33%), Saturated Fat: 7.86g (49.11%), Carbohydrates: 67.6g (22.53%), Net Carbohydrates: 54.63g (19.87%), Sugar: 12.2g (13.56%), Cholesterol: 66.62mg (22.21%), Sodium: 584.36mg (25.41%), Alcohol: 1.54g (100%), Alcohol %: 0.29% (100%), Protein: 45.58g (91.16%), Vitamin C: 199.85mg (242.25%), Vitamin B6: 1.93mg (96.61%), Vitamin B3: 18.43mg (92.17%), Vitamin K: 94.39µg (89.89%), Manganese: 1.79mg (89.36%), Vitamin A: 4407.83IU (88.16%), Phosphorus: 730.89mg (73.09%), Vitamin E: 8.51mg (56.76%), Folate: 223.33µg (55.83%), Selenium: 37.37µg (53.39%), Magnesium: 210.74mg (52.68%), Fiber: 12.96g (51.85%), Potassium: 1610.84mg (46.02%), Vitamin B1: 0.64mg (42.95%), Vitamin B2: 0.64mg (37.89%), Iron: 6.78mg (37.64%), Copper: 0.75mg (37.34%), Zinc: 5.19mg (34.61%), Vitamin B5: 2.72mg (27.24%), Calcium: 217.04mg (21.7%), Vitamin B12: 0.85µg (14.17%), Vitamin D: 0.48µg (3.23%)