

Stuffed Bell Pepper Salad

Prep Time 10 mins
 Total Time 40 mins
 Meal Type Lunch, Dinner
 Source From [Askew Nutrition and Fitness](#)
 Servings 4



Ingredients

- 2 whole bell pepper, *halved*
- 1/2 cup quinoa, *boiled*
- 8 oz Lean Turkey
- 15 oz tomatoes, crushed, canned
- 1 cup Pepper Jack Cheese, *Shredded*
- 1/4 cup onion, *chopped*
- 2 Tbs Garlic, *minced*
- 1 Tbs cumin
- 1 Tbs Mrs. Dash Southwest Spice
- 2 cup Green Leaf Lettuce, *chopped*
- 1 cup spinach, *raw*
- 1/4 cup carrots, *shredded*
- 1/4 cup radish, *sliced*
- 1/2 cup cucumber, *sliced*

Directions

Prep

1. Preheat oven the 350 degrees
2. Rinse and chop lettuce, spinach, carrot, radishes, cucumber and combine in serving bowls.
3. Cut bell peppers in half and scoop out all ribs and seeds and place on baking sheet.

Make

1. Place quinoa in a medium saucepan with 1/2 cups water and bring to a fast simmer. Cover with lid. Reduce heat to maintain a low simmer and cook for 17-20 minutes.
2. While Quinoa is cooking, add garlic and onion to large skillet with a splash of olive oil and brown over medium-high heat until onion is translucent.
3. Add ground turkey to skillet and season with southwest spice and cumin. Cook until meat is completely browned.
4. Once quinoa is fully cooked, combine with browned turkey meat in large skillet and add crushed tomato. Simmer for 10-15 minutes.
5. Fill bell pepper halves with quinoa/turkey mixture. Cook in oven for 10-15 minutes. Adding cheese for the last 5 minutes.
6. Remove bell peppers from oven and let cool enough to handle.
7. Place cooked bell pepper atop salad and drizzle with dressing of choice.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Nutrition Facts	Total Fat 15.6g	24%	Total Carbohydrates 22g	7%
	Saturated Fat 5.9g	29%	Dietary Fiber 5g	20%
	Trans Fat 0.1g		Total Sugars 8g	
Calories 304	Cholesterol 66mg	21%		
	Sodium 430mg	18%	Protein 23g	
Vitamin D 0mcg 3% · Calcium 297mg 29% · Iron 5mg 29% · Potassium 850mg 18%				

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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