

# TURKEY KALE STUFFED PEPPERS

GLUTEN-FREE

## Ingredients:

- 3 red bell peppers
- 1 lb of ground turkey
- 2 large handfuls of tuscan kale, chopped
- 1 carton of baby bella mushrooms, sliced
- 1/2 sweet onion, diced
- 3 cloves of garlic, chopped
- 1 can of diced tomatoes
- 3 handfuls of Parmigiano-Reggiano cheese, grated
- Extra virgin olive oil
- Thyme
- Salt & pepper

## Instructions:

1. Preheat oven to 450 degrees.
2. Place peppers on a baking sheet and rub with olive oil, then place them inside down, so it creates a little dome. Bake for about 15-20 minutes or until they are soft. Take them out to cool and keep oven on.
3. Saute onion in olive oil until halfway cooked, add garlic for about a minute, then add the mushrooms, salt, pepper, and thyme for a few minutes followed by the turkey - keep stirring and break up the turkey with your wooden spoon.
4. When the turkey is fully cooked, add in can of diced tomatoes and stir.
5. Add in kale and two handfuls of grated cheese, and an extra swirl of olive oil.
6. Stuff the turkey mixture into the halved peppers and top with a layer of grated cheese and a drizzle of olive oil.
7. Bake for 10 minutes, then broil to crisp the cheese.
8. Serve with a side of salad or rice and enjoy!

Love,

*Colie*