

Turkey Stuffed Peppers

1 tbs. EVOO
½ yellow onion, diced (about ½ cup)
1 lb. lean ground turkey
3 garlic cloves, minced or pressed
½ tsp. cumin
½ tsp. ground oregano
½ tsp. Kosher salt
¼ tsp. freshly ground black pepper
1 (8 oz.) can tomato sauce
1 (14 oz.) can petite diced tomatoes, drained
1 cup riced or chopped cauliflower
¼ cup cilantro leaves, chopped, plus more for garnish
1 oz. Cotija cheese, crumbled, plus more for garnish
Large bell peppers, tops, membranes, and seeds removed

Preheat oven to 400.

Heat the oil in a large Dutch oven or nonstick skillet over medium-high heat. Sauté the onion until translucent, stirring occasionally (about 5 minutes). Add turkey and cook until browned (about 5 minutes). Add garlic and cook until fragrant (about 30 seconds). Sprinkle spices all around, stir, then add the tomato sauce, diced tomatoes, riced cauliflower, cilantro, and Cotija cheese. Stir until well combined.*

Spoon the turkey mixture into your prepared bell peppers. Place in an oven-proof dish (loaf pans work well to keep the peppers upright) sprayed with cooking spray. Bake at 400 for 20–25 minutes, until cooked through.

Garnish with more cilantro and Cotija, if desired.

*Up to this point, these steps can be done ahead of time (up to 3 days). This mixture also freezes well. Just thaw overnight in the fridge then place in prepared peppers and cook as described above.



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