



## Stuffed Peppers

### Ingredients:

- 4 peppers (your choice on the color)
- 1 pound 93/7 ground beef (or ground turkey if preferred)
- ½ cup finely chopped white or yellow onion
- 1 to 2 cloves of garlic finely diced
- 1, 12 oz. can low-sodium diced tomatoes
- ½ jalapeno finely chopped (optional)
- ½ teaspoon salt
- 1 teaspoon black pepper
- 1 packet of dry Italian seasoning (or can add in parsley, basil and oregano)
- 2 tablespoons extra-virgin olive oil



### Directions:

1. Preheat oven to 400 degrees F.
2. Prepare the peppers by cutting them in half and removing the stem and seeds. Set the peppers aside.
3. Heat olive oil in pan on medium-high heat. Add onion and garlic and sauté until the onions are transparent.
4. Add in beef and cook over medium heat until meat is brown all the way through. Drain the grease.
5. Return beef mixture to pan and add salt, pepper, Italian seasoning packet (or other seasonings), canned tomatoes and jalapenos (if desired) and warm mixture through.
6. Put water at the bottom of the baking dish, just enough to cover the bottom of the pan.
7. Put halved peppers cut-side up in the baking dish and spoon the mixture into the pepper halves.
8. Bake at 400 degrees F for 20 to 25 minutes, just until the peppers are tender.
9. Take out of the oven, plate and serve immediately.

### Alternatives to meat:

- Black beans
- Lentils (for best texture, green and brown lentils are recommended)
- Quinoa (shown above in the picture)
- Corn
- Cauliflower rice
- Brown rice



## Superhero Muffins

### Ingredients:

- 1 ½ cups wheat bran or flax seed meal
- 1 cup nonfat milk
- ½ cup unsweetened applesauce
- 1 egg
- 1/3 cup brown sugar
- ½ teaspoon vanilla extract
- 1 cup whole-wheat flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 ripe banana (mashed)
- 1 small zucchini (finely grated)
- 1 medium carrot (finely grated)
- ½ cup finely chopped nuts
- ½ cup dark chocolate chips



### Directions:

1. Preheat oven to 375 degrees F.
2. Spray muffin cups or use silicone muffin pans, or paper muffin liners. Mix wheat bran and milk and let stand for 10 minutes.
3. In a large bowl, mix mashed banana, applesauce, egg, brown sugar, zucchini, carrot and vanilla. Mix in bran mixture. Sift together whole wheat flour, baking soda, baking powder and salt. Stir into bran mixture until just blended. Fold in nuts and chocolate chips. Scoop into muffin cups.
4. Bake in preheated oven for 15 to 20 minutes, or until toothpick comes out clean. Makes 12, full-size muffins. Mini muffins cook for 12 minutes (makes 48 mini muffins).