

ENTREE

Spicy + Cheesy Chicken Stuffed Peppers



**Recipe makes 4 servings*

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

INGREDIENTS

- 4 large orange, red, or yellow bell peppers, halved and seeded
- 2 cups prepared rice
- 1 ½ cups shredded rotisserie or cooked chicken
- ½ cup salsa
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 teaspoon paprika
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ½ cup shredded Monterey Jack cheese, divided
- 2 tablespoons roughly chopped cilantro (optional)
- Plain, nonfat Greek yogurt (optional)

INSTRUCTIONS

1. Preheat oven to 375 degrees.
2. In a large bowl, combine the rice, chicken, salsa, cumin, chili powder, paprika, onion powder, and garlic powder.
3. Place parchment or aluminum foil on a large baking sheet.
4. Place peppers on the lined baking sheet.
5. Divide chicken mixture between peppers, and top with cheese.
6. Bake for 15-20 minutes, or until cheese is golden brown.
7. Top with cilantro and, if desired, Greek yogurt.
8. Serve immediately.