UCI Health

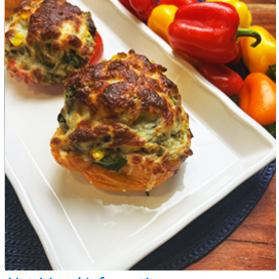
Pesto chicken stuffed peppers

Ingredients

- 4 large red, orange, or yellow bell peppers (or 20 mini peppers
- 3 cups cooked, shredded chicken (1 rotisserie chicken or 2-3 chicken breasts)
- 1 cup skim mozzarella cheese, divided into ¾ cup and ¼ cup portions
- 1 cup cooked quinoa, brown rice or barley
- ¼ cup frozen spinach, defrosted (squeeze to remove extra water)
- 1/3 cup frozen or fresh corn
- ¾ cup pesto, homemade or 6.5-ounce jar

Directions

- In a mixing bowl, combine chicken with ¾ cups of cheese, grains, spinach, corn, and pesto. Stir well.
- Set broiler to high.
- Arrange peppers on baking sheet lined with parchment paper.



Nutritional Information

Servings: 4

Cost: \$18.66/\$4.67 per serving

Calories: 446 per serving

- Broil peppers, turning as they begin to char and blister, about 3-5 minutes per side for large peppers, 2-3 minutes for small ones. (Broilers temperatures vary, so keep watch!)
- Remove peppers and preheat over to 400 degrees.
- When cooled enough to handle, cut each pepper in half vertically through the stem.
- Remove seeds and pith, return to baking sheet.
- Spoon chicken mixture into peppers, then sprinkle with remaining cheese.
- Bake large peppers 15-18 minutes, small peppers for 10-12 minutes, or until cheese is melted and filling is thoroughly heated.