

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 $\frac{3}{4}$ cup and $\frac{1}{4}$ cup portions
- 1 cup cooked quinoa, brown rice or barley
- $\frac{1}{4}$ cup frozen spinach, defrosted (squeeze to remove extra water)
- $\frac{1}{3}$ cup frozen or fresh corn
- $\frac{3}{4}$ cup pesto, homemade or 6.5-ounce jar

Directions

- In a mixing bowl, combine chicken with $\frac{3}{4}$ cups of cheese, grains, spinach, corn, and pesto. Stir well.
- Set broiler to high.
- Arrange peppers on baking sheet lined with parchment paper.
- 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 oven 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.



Nutritional Information

Servings: 4

Cost: \$18.66/\$4.67 per serving

Calories: 446 per serving