



# DAY IN DAY OUT

WELCOA'S ONLINE BULLETIN FOR YOUR LIFESTYLE

*A Healthy Recipe*

## Stuffed Green Peppers

*by Richard Collins, MD*

Number of Servings:

2

### Measure

2  
1 cup  
½ cup  
¼ cup  
1 cup  
¾ cup

### Ingredients

large green peppers  
cooked rice  
onion - chopped  
vegetable broth  
Green Giant, Harvest Burger,  
Boca or Morningstar Farms  
crumbles - thawed  
Campbell's Fiesta Tomato Soup

### Preparation

Cut opening in the top of each green pepper. Remove seeds and spines. Rinse out. Place in microwave dish, cover and cook on high for 2-3 minutes. In a medium saucepan, sauté onions in vegetable broth until tender. Add additional broth if necessary to keep from sticking. Add Green Giant, Boca or Morningstar Farms crumbles and Fiesta Tomato Soup. Mixing well, simmer for about 3-4 minutes. Add rice to mixture, mix well. Remove from heat. Spoon mixture into each pepper, if you have additional mixture left over, spoon around the peppers in a sprayed baking dish. Bake covered, in a 350 degree oven for 45 minutes.

### Nutritional Analysis

Calories 195, Fat 1.0, Cholesterol 0, Protein 10.5,  
Carbohydrate 35, Sodium 1078.

## Hot Stuff! Did You Know...

Pepper plants begin from seeds that are usually started in greenhouses. When the tiny pepper plants are strong enough, they are transplanted to the field and planted in rows 3 to 4 feet apart. The plants are grown like tomatoes, but stakes are not used because pepper plants only grow 3 to 4 feet high.

Peppers are actually fruits which form on the plant after it flowers. That's why most seeds are found within the fruit walls of peppers.

All sweet peppers are green at the immature state. As the peppers mature, they turn color. The most predominant

color for a mature sweet pepper is red. Because the sugar content increases as a sweet pepper matures, the red, orange, yellow, purple and brown peppers tend to be sweeter than green peppers.

Bell peppers are high in vitamin C and are a good source of other vitamins and minerals. In fact, just one bell pepper has 190% of the vitamin C our bodies need every day for good health. WOW! Now that's a lot of vitamin C. Red bell peppers are also high in vitamin A.

Source: <http://www.dole5aday.com/ReferenceCenter/>



Wellness Councils of America  
9802 Nicholas Street, Ste. 315 | Omaha, NE 68114  
Phone: 402.827.3590 | Fax: 402.827.3594  
[www.welcoa.org](http://www.welcoa.org)