

TURKEY ENCHILADA STUFFED PEPPERS

ENCHILADA SAUCE

- 1 Tbsp. olive oil
- 2 cloves garlic, minced
- 1 15- oz. can no-salt-added tomato sauce
- ½ cup low sodium chicken broth
- 1 Tbsp. chopped chipotle in adobo sauce plus 1-2 tsp sauce
- 2 tsp. chili powder
- ½ tsp. ground cumin
- 1/8 tsp. salt

STUFFED POBLANOS

- 6 large poblano peppers
- 1 Tbsp. olive oil
- 1 pound lean ground turkey
- 1 small onion diced (1/2 cup)
- 2 cloves garlic, minced
- 3 Roma tomatoes, chopped (1 cup)
- ¼ cup water
- 3 Tbsp. chopped fresh cilantro
- 1 tsp. cumin
- ½ tsp. dried oregano
- ¼ tsp. salt
- 4 6-inch corn tortillas, torn in bite size pieces
- ¾ cup shredded cheddar-jack cheese
- 1 avocado, diced
- 6 tbsps nonfat plain yogurt or sour cream

Preheat oven to 400 degrees. Line a large rimmed pan with parchment paper or foil. Prepare sauce: Heat oil in a medium saucepan over medium heat. Add garlic, cook until fragrant, about 30 seconds. Add tomato sauce, broth, chipotle, adobo sauce, chili powder, cumin and salt. Bring to a boil and reduce heat to low and simmer for 15 minutes.

Prepare poblanos: Cut each poblano in half lengthwise and remove core and seeds. Place the poblanos on the prepared baking sheet. Roast until almost tender, 13-15 minutes.

Prepare enchilada mixture; Heat oil in a large skillet over medium heat. Add turkey onion and garlic. Cook and stir, while breaking turkey up into smaller pieces. Cook until turkey is no longer pink and onion is soft, 5-8 minutes. Add tomato; cook for 1 minute, stirring. Add the enchilada sauce, water, cilantro, cumin, oregano, and salt. Cover and simmer for 10 minutes. Remove from heat and stir in tortilla pieces.

Stuff the peppers: Divide the turkey mixture among the poblano halves, about 1/3 cup each. Sprinkle with cheese. Bake until golden brown and heated through, 15-20 minutes. Let set 5 minutes before serving.

To serve, top with avocado and/or yogurt as desired.

Serves 6, 2 stuffed pepper halves each.

Exchanges per serving:

2 Lean Meat 1 ½ starch 2 Vegetable, 2 Fat

Nutrients per serving:

Calories: 345

Calories from fat: 180

Total Fat: 20 g. (saturated fat 4 g)

Sodium: 350 mg.

Total Carbohydrate: 23 g.

Dietary Fiber: 6 g.

Protein: 22 g.