



## Beefy Stuffed Peppers

<b>1 cup</b> uncooked, whole wheat couscous	<b>¼ teaspoon</b> ground black pepper	<b>4</b> large bell peppers
<b>1</b> small tomato, diced	<b>1 teaspoon</b> salt	<b>½ pound</b> lean ground beef
<b>½ cup</b> garbanzo beans	<b>½ cup</b> low fat shredded mozzarella cheese	<b>1 tablespoon</b> chopped green onion
<b>1 teaspoon</b> dried Italian seasoning		<b>1 tablespoon</b> minced garlic

**Cook** couscous according to package directions. **Preheat** oven to 350 degrees F. **Combine** cooked couscous, tomato, beans, Italian seasoning, pepper, salt and mozzarella cheese in large bowl; set aside. **Remove** the tops, seeds and membranes from peppers. **Cook** peppers in boiling water for 5 minutes; **drain** upside down on paper towels. **Cook** beef until lightly browned in skillet. **Add** minced garlic and green onions to beef and sauté until

soft. **Drain** fat. **Toss** beef mixture into the couscous mixture. **Stuff** bell peppers evenly with mixture. **Place** in a lightly greased 9 x 9 inch baking dish. **Bake** for 15-20 minutes or until peppers are tender and cheese is melted.

**Yield:** 4 servings

**Nutritional Analysis:** 280 calories, 6 g fat, 2.5 g saturated fat, 35 mg cholesterol, 790 mg sodium, 36 g carbohydrate, 7 g fiber, 6 g sugar, 21 g protein



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

## Kentucky Bell Peppers

**SEASON:** June through the first frost, usually September.

**NUTRITION FACTS:** Bell peppers are low in calories, high in vitamin C and a good source of vitamin A. One raw, medium-sized pepper contains about 20 calories. Red peppers are higher in both vitamins C and A than green peppers.

**SELECTION:** Select peppers that are heavy for their size, with bright, shiny skins. Avoid flabby, wrinkled or soft peppers.

**STORAGE:** Store in the refrigerator for 3 to 5 days. Place them in the vegetable crisper or in plastic bags.

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

**PREPARATION:** To prepare peppers, wash carefully without bruising. Peppers can be served raw, grilled, stuffed or roasted. Add them to salads, casseroles, Chinese or Mexican dishes.

**PRESERVING:** Wash and stem peppers. Package, leaving no head space. Seal and freeze.

### KENTUCKY BELL PEPPERS

#### Kentucky Proud Project

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