

GARLICKY VEGGIE and TURKEY STUFFED PEPPERS

Makes 6 stuffed peppers

INGREDIENTS:

- 10 sundried tomatoes
- 6 bell peppers, any color
- 1 yellow onion, finely diced
- 1 zucchini, finely diced
- 3 cloves garlic, minced
- ¼ c. white wine
- ¼ c. gluten free chicken stock
- ½ c. cooked millet
- 1 c. finely ground Garlic & Parmesan Lentils
- ½ lb. ground turkey thigh
- ½ c. tomato sauce, divided
- ¼ c. minced fresh basil or 2 Tdried

DIRECTIONS:

1. Preheat oven to 350°.
2. Place sundried tomatoes in a heatproof bowl. Pour boiling water to cover them. Let them soak for at least 30 minutes. Drain, reserving liquid, and slice tomatoes
3. Slice the tops off the peppers, discard the stem but keep the flesh of the top. Dice finely. Set the peppers off to the side.
4. Preheat a large sauté pan over medium heat. Add a little olive oil, and then the diced yellow onion and the diced pepper tops. Sauté 6-7 minutes. Add the zucchini and garlic, and sauté for 1 more minute.
5. Pour in the white wine and stir, scraping up any bits that stick to the pan. Add the sliced tomatoes into the pan along with the chicken stock and a sprinkle of salt. Cover with a lid, turn the heat to low and simmer for 5 minutes.
6. Pour the vegetable mixture into a large bowl. Add the cooked millet, ground Garlic & Parmesan Lentils, turkey thigh, half of the tomato sauce, and the basil. With a large spoon (or your hands), mix together until evenly combined. If mixture looks dry, add some of the reserved tomato-soaking water until it is slightly moist. Press turkey-vegetable mixture into the cavity of the peppers. Cover with the remaining tomato sauce.

7. Place the peppers in a small casserole dish and pour in 1" water. Cover dish with foil and place in oven. Bake for 35-40 minutes, until a thermometer inserted into the center of the turkey mixture reads 165°.