



The Dietitian's DISH



MEAL SOLUTIONS MADE EASIER...



Getting dinner on the table on a busy weeknight in 30 minutes is possible when you prep in advance and have the right recipe. You might prefer to chop ingredients for your meals during the week the same day you shop. Or, assemble the entire entrée to be cooked at a later time. Either way, prep-ahead steps are a key solution for home-cooked meals to be a reality.



Whether you are flying solo in the kitchen or have enlisted the help of family members, plan the weekly menu and carve out a little weekend or weeknight time to get things started. You'll reduce some stress after a long work day, if you plan ahead.

Stuffed peppers are a great entrée to prepare in advance. Go Greek this week and take full advantage of what's on-sale. You may even use up some pantry items! Saving time and money... that's a **WIN-WIN!**



Greek Stuffed Peppers

Ingredients:

- 1/4 cup quinoa, rinsed and drained
- 2 large bell peppers, halved lengthwise and seeded
- 1/2 lb. lean ground turkey
- 1 Tbsp. olive oil
- 1/4 cup chopped onion
- 1/2 cup chopped eggplant
- 1 can (14.5 oz.) diced tomatoes with olive oil, garlic & spices
- 1/2 tsp. salt
- 1/4 tsp. ground black pepper
- 1/3 cup grated Parmesan cheese

Directions:

NOTE: If preparing this entrée ahead, follow steps 1-4 without pre-heating the oven; cover and refrigerate.

1. Preheat oven to 350°F. Prepare quinoa as label directs.
2. Place bell peppers, cut side up, on a rimmed baking pan. In large skillet, cook turkey over medium-high heat until browned, breaking up with a slotted spoon. Once cooked, transfer to a paper towel-lined plate.
3. In the same skillet, heat oil over medium-high heat; add onion and cook 3 minutes, stirring occasionally. Add eggplant; cook 2 minutes, stirring occasionally. Add tomatoes with juice; cook 3 minutes, stirring occasionally. Stir in salt, pepper, quinoa, and ground turkey.
4. Fill bell peppers with quinoa mixture; sprinkle with cheese.
5. Bake 30 minutes or until peppers are tender. You can shorten cook time by steaming cut peppers in the microwave for 3-4 minutes while preparing the filling. Shorten time for oven baking, just long enough for cheese to melt.