Grab ‘n’ Go Dinner for Tonight

Upside-Down Stuffed Peppers

Ingredients	Where to Find It
1 lb lean ground beef or 7% fat lean ground turkey	Meat Dept.
1 (14.5 or 15 oz) can no-salt-added pinto beans, rinsed and drained	Aisle 2
1 1/3 cups frozen whole kernel corn	Frozen Veggie Section
1 cup picante sauce (mild or medium)	Aisle 2
1 cup water	
1 Tbsp + 1 tsp sugar	
1 1/4 tsp ground cumin (Spice Trader)	Aisle 5
4 large green or red sweet bell peppers, halved, seeds & ribs removed	Produce Section
1/3 cup yellow cornmeal (Jiffy)	Aisle 5
3/4 tsp salt	
1 cup shredded reduced-fat Cheddar or 4-Cheese Mexican Blend (Kraft)	Refrigerated Cheeses

1) In a large nonstick skillet, cook beef or turkey over medium-high heat for 3 minutes, or until browned on the outside and no longer pink in the center, stirring occasionally to turn and break up meat. Spoon into a colander and rinse with 1 quart of hot water to remove excess fat. Drain well on paper towel. Wipe skillet with another paper towel; return meat to skillet.
2) Stir in beans, corn, picante sauce, water, sugar and cumin. Top with bell pepper halves, cut side down. Increase heat to HIGH. Bring to a boil. Reduce heat and simmer, covered, for 15 minutes, or until bell peppers are tender. Remove pepper halves and place with cut sides up on a serving platter.
3) Stir cornmeal and salt into meat mixture. Cook for 2 minutes, or until thickened. Mound 3/4 cup of meat mixture on each pepper half. Sprinkle each with 2 tablespoons of shredded cheese.

Serves 8

Upside-Down Stuffed Peppers Nutrition Facts

Servings Per Meal (8)

Amount Per Serving	
Calories 317	**Calories from Fat 67.5**
	% Daily Value*
Total Fat 7.5g	12%
Saturated Fat 4g	20%
Polyunsaturated Fat .5g	
Monounsaturated Fat 2g	
Cholesterol 50mg	17%
Sodium 675mg	28%
Total Carbohydrate 35g	12%
Dietary Fiber 5g	20%
Sugar 9g	
Protein 27g	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Shape Up Tip

To make this a complete meal, add:

- **Sliced fresh fruit**
- **Whole wheat bread**

Tonight’s Grab ‘n’ Go Dinner Cost per serving: $1.26

To find the Grab ‘n’ Go dinner recipe ingredients look for this logo throughout the store.

SHAPE UP Kittitas County
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All ingredients will be marked with the Shape Up Kittitas County logo.