

STUFFED PEPPERS

SOURCE: Weight Watchers New Complete Cookbook

INGREDIENTS:

1/2 lb lean ground beef (10% or less fat)	1 C cooked white rice
1 onion, finely chopped	1/4 C thawed frozen green peas
1/4 C grated Parmesan cheese	2 TBS tomato paste
3 garlic cloves, minced	1 tsp minced thyme
1 tsp minced basil	1 tsp minced sage
1/2 tsp minced rosemary	
4 green, red or yellow bell peppers, tops cut off & seeded	
1/2 C tomato puree or tomato sauce	

DIRECTIONS:

Preheat oven to 350° F - in large bowl, combine beef, rice, onion, peas, cheese, tomato paste, garlic, thyme, basil, sage & rosemary. Loosely stuff peppers with mixture - stand them in baking dish or casserole. Pour tomato puree over peppers - add enough water so that the liquid comes about 1/4 up sides of peppers. Cover with foil & bake 30 minutes, basting occasionally with the juices. Uncover and bake till peppers and rice are tender and the filling is completely cooked (about 20 minutes more). Let stand 5 minutes before serving.

Makes 4 servings

(per serving: 284 calories; 10g total fat; 5g saturated fat; 52mg cholesterol; 471mg sodium, 28g total carbohydrates; 6g dietary fiber; 23g protein, 188mg calcium - WW points per serving: 6)