Meatball Stuffed Peppers

Submitted by Ann Masi

After recovering from a double lung transplant, Ann's husband was having trouble managing his LDL cholesterol and sugar levels. Fortunately, by implementing a healthier diet and exercise he is maintaining good health. The pair loves Italian food, and this makeover provides a healthy spin on Ann's mother's Italian indulgence, while helping her husband manage his high LDL cholesterol. To makeover this recipe, Franklin replaced high calorie, high fat meat with a lean cut and halved the portions, decreasing the calorie and fat value of this dish. The added spices, herbs and fresh vegetables will replace the juiciness and flavor lost by the lower fat content.

SERVES 4

Nutrition Information

Amount Per Serving:
261 calories, 14g fat, 16g carbohydrates, 2g fiber

Individual Serving Size:
1 stuffed pepper

Ingredients

4 medium sized yellow peppers	2 tbsp. fresh basil	**Sauce**
½ lb. lean ground sirloin	2 tbsp. fresh oregano	2 cup peeled plum tomatoes
1 large egg	½ bunch fresh parsley chopped	½ large onion
½ onion, diced	1 tsp. red pepper flakes	1 clove garlic
½ cup fresh Italian bread crumbs	Salt and pepper to taste	2 tbsp. olive oil
¼ cup grated parmesan cheese	1 cup fresh tomato sauce (see below)	

Directions

Mix together ingredients for sauce and cook for 20 minutes (the sauce should be rather watery since it will reduce when placed in the oven with the peppers). Mix together ground sirloin, egg, breadcrumbs, parmesan cheese, basil, parsley, pepper flake and oregano; soften with a cup of water. Cut top of peppers off, remove seeds and season inside with salt and pepper. Fill with meat and add a little tomato sauce to each pepper. Place upright in a baking dish and pour remaining tomato sauce over the peppers. Put pepper lids on top, cover with aluminum foil and bake in a 350°F oven for about one hour. Remove foil and turn the oven to broil and broil the peppers about one to two minutes to brown the tops.

Daiichi-Sankyo