

LiveWell

Stuffed peppers with ranch chicken and vegetables

Yield: 4 servings



Ingredients:

4 bell peppers
Vegetable oil cooking spray
6 ounces cooked chicken breast, shredded
2 Tablespoons ranch seasoning
1/2 sweet onion, diced
4 garlic cloves, minced
1 cup chopped broccoli florets
2/3 cup uncooked quinoa
1 1/2 cups low-sodium chicken stock
4 Tablespoons fat-free sour cream
4 teaspoons fresh chives

Directions:

1. Preheat oven to 425° F.
2. Cut a thin slice from stem end of each bell pepper to remove top of pepper. Remove seeds and membranes; rinse peppers. If necessary, cut a thin slice from the bottom of each pepper so they stand up straight. Dice the parts that you cut off of each pepper and set aside. Place the whole peppers in a baking dish. Spray with vegetable oil cooking spray. Roast the peppers for 10 to 15 minutes while you start the rest of the meal.
3. In a medium bowl, mix together the shredded chicken and ranch seasoning and set aside.
4. Spray skillet with vegetable oil cooking spray and add the diced peppers, onion and garlic. Cook over medium-low heat until softened, about 3 minutes. Add the broccoli, quinoa and chicken stock. Bring the mixture to a boil, then reduce it to a simmer. Cover and cook for 15 minutes, or until the quinoa fluffs easily with a fork. Stir in the ranch-flavored shredded chicken. Fill each pepper with the quinoa mixture.
5. Place the stuffed peppers in the oven and bake for another 15 minutes. Remove and top each one with 1 Tablespoon sour cream and 1 teaspoon chives. Serve immediately.

Nutrition information per serving:

Calories: 259	Cholesterol: 37 mg	Fiber: 5 grams
Fat: 4 grams	Sodium: 421 mg	Protein: 21 grams
Saturated fat: 1 gram	Carbohydrates: 32 grams	

Food exchanges:
1 1/2 carbohydrate,
2 vegetable, 2 protein