

# CHICKEN STUFFED PEPPERS

Submitted by: Lisa Lotts, Garlic & Zest

## INGREDIENTS

-  3-4 sweet bell peppers
-  1/3 cup oatmeal
-  1/3 cup tomato juice
-  1 large egg
-  1 1/2 teaspoons olive oil
-  1 medium onion diced
-  1 small zucchini grated
-  1 large clove garlic minced
-  3 ounces mushrooms finely chopped
-  1/2 teaspoon fennel seed
-  1/2 teaspoon dried basil
-  1/2 teaspoon dried oregano
-  1/2 teaspoon kosher salt
-  1/4 teaspoon crushed red pepper flakes
-  1/4 teaspoon fresh ground black pepper
-  1 pound ground chicken
-  1 cup part skim shredded mozzarella cheese
-  16 ounces marinara sauce

## INSTRUCTIONS

Combine the oatmeal, egg and tomato juice in a bowl and set aside so the oatmeal can soften.

Saute the grated zucchini, onion and garlic in olive oil until they're tender and slightly translucent.

Stir in the minced mushrooms and spices and cook for a few more minutes until the mushrooms give up some of their liquid. Set aside to cool.

Cut the bell peppers in half vertically and remove the ribs and seeds (you can leave the stem in place). Place the peppers in a baking dish or on a prepared sheet pan.

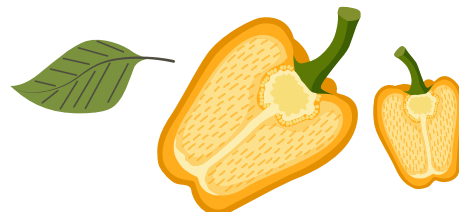
Combine the ground chicken and oatmeal mixture with your hands and blend well until thoroughly combined.

Add the cooled vegetables to the chicken mixture and combine evenly.

Stuff the chicken mixture into the bell pepper halves and bake for 30 minutes.

Spoon two tablespoons of marinara sauce and a sprinkle of cheese over the chicken filling of each stuffed pepper and continue baking for 10-15 minutes or until the cheese is melty.

Serve with additional marinara sauce and freshly grated parmesan.



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