



## Chicken Stuffed Peppers



Servings: 1

Ingredients	Nutrient value per serving
2 bell peppers 2/3 c. couscous 2 oz. cooked chicken 1 t. olive oil Rosemary or spices	Exchanges ..... 2 vegetable ..... 2 starch ..... 2 protein ..... 1 fat ..... 1 free Calories .....324 Calories from Fat.....46 Total Fat.....11 g Saturated Fat .....1 g Cholesterol.....32 mg Sodium.....258 mg Carbohydrate .....35 g Fiber.....4 g Sugar ..... 6 g Protein.....18 g
Directions	Notes
<ol style="list-style-type: none"> <li>1. Cook couscous according to package directions.</li> <li>2. Remove pepper tops and seeds. Slice off the bottom so they stand upright.</li> <li>3. Drizzle oil on peppers.</li> <li>4. Fill peppers with cooked chicken and prepared couscous. Bake at 350°F for 10–15 minutes. Sprinkle with your favorite herbs or spices.</li> </ol>	Prep time: 20 min. Cook time: 15 min.  Hollow out two bell peppers for a simple and satisfying dinner you can feel good about. Top with your favorite spices to add a little zip!  <i>All exchange values are approximate. When an optional or additional ingredient is offered, exchange values may change.</i>