

# RICH RED PEPPERS

## INGREDIENTS

6 medium-sized red peppers

½ cup basmati rice, dry

¾ cup water

1 tablespoon olive oil

1 lb ground turkey

2 cloves garlic, chopped

½ cup green onion, chopped

1 teaspoon cumin

1 teaspoon coriander

1 teaspoon chili powder

1 teaspoon black pepper

1 cup corn, frozen

1 cup zucchini, diced

½ cup cilantro, chopped

## PREPARATION

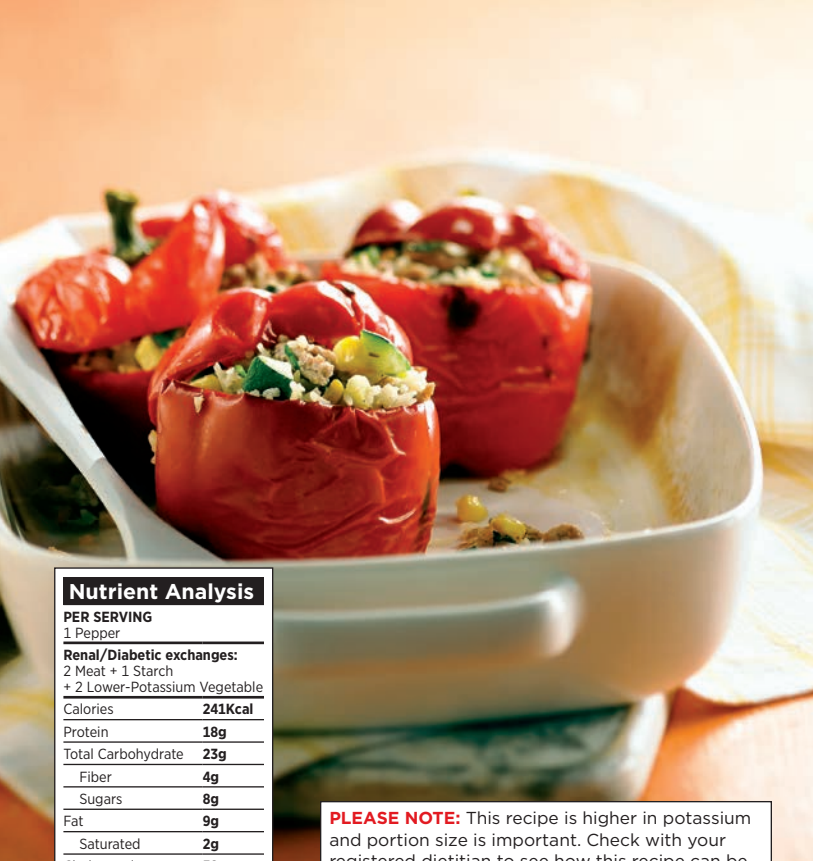
- 1** Preheat oven to 350°F. You can skip this step if using the microwave.
- 2** In a small saucepan, bring water to a boil and cook the rice according to package instructions.
- 3** In a large frying pan, sauté the ground turkey, garlic, and onions in olive oil. Add the four spices and continue to cook until the meat has browned.
- 4** Add corn and zucchini and sauté until vegetables are soft. Stir in the cooked rice (1 cup) and cilantro.
- 5** Cut the tops off the peppers and remove stems and seeds. Trim the bottoms if necessary so that the peppers can stand upright in a roasting pan or dish. Stuff peppers with turkey and rice filling. Cover the peppers with their tops.
- 6** **Microwave:** Add 1 cup of water to bottom of microwave-safe dish and cover with a microwave safe lid. Cook on HIGH for 30 minutes or until peppers begin to soften on the outside.
- 7** **If using the oven:** Add ½ cup of water to the bottom of the roasting pan and cover with aluminum wrap. Bake for 1 ½ hours or until the peppers are soft and juices are well developed in the pan.

## SUGGESTIONS

- ✓ *Leftover stuffed peppers can be frozen or reheated the next day.*



# RICH RED PEPPERS



## Nutrient Analysis

### PER SERVING

1 Pepper

### Renal/Diabetic exchanges:

2 Meat + 1 Starch  
+ 2 Lower-Potassium Vegetable

Calories	<b>241Kcal</b>
Protein	<b>18g</b>
Total Carbohydrate	<b>23g</b>
Fiber	<b>4g</b>
Sugars	<b>8g</b>
Fat	<b>9g</b>
Saturated	<b>2g</b>
Cholesterol	<b>52mg</b>
Sodium	<b>67mg</b>
Potassium	<b>602mg</b>
Phosphorus	<b>233mg</b>
Calcium	<b>47mg</b>
Iron	<b>2mg</b>
Magnesium	<b>47mg</b>
Vitamin C	<b>159mg</b>

**PLEASE NOTE:** This recipe is higher in potassium and portion size is important. Check with your registered dietitian to see how this recipe can be included in your diet.

### Diet Types

- CKD Non-Dialysis
- Dialysis/Diabetes
- Dialysis
- Transplant

## POTASSIUM CHECK

### Ground turkey as a lower-potassium meat choice

Eating the right amount of protein is very important when you have chronic kidney disease (CKD). During the earlier stages of CKD, it is common to limit meat portions to the size of a deck of cards. If CKD progresses and dialysis is needed, a much higher protein diet is commonly recommended to prevent protein malnutrition.

While all meats are a healthful source of protein, their nutrient content can vary, particularly when it comes to the amount of potassium in various meats. For example, the amount of potassium in ground turkey is much less than that of ground beef. One ounce of cooked lean ground beef contains 133 milligrams of potassium while one ounce of cooked lean ground turkey contains only 86 milligrams of potassium.<sup>1</sup>

With 35% less potassium per ounce, a recipe prepared with ground turkey instead of ground beef can help lower your potassium intake. To benefit from this tip, try to substitute ground turkey for ground beef when preparing your meals.

1. United States Department of Agriculture: National Nutrient Database for Standard Reference Release 28. Available at: <https://ndb.nal.usda.gov/ndb/search/list>. Accessed May 23, 2017.

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