

STUFFED PEPPERS

Ingredients:

3 oz. 96% lean ground beef (97.5 calories, 0 net carbs)
1 medium bell pepper, halved lengthwise, cores and ribs removed (24 calories, 4 net carbs)
2 c. raw spinach (14 calories, 0.8 net carbs)
1/4 c. raw onion, minced (16 calories, 3.1 net carbs)
1/2 tbsp. egg substitute (4.2 calories, 0 net carbs)
1 wedge Swiss Laughing Cow, chopped (35 calories, 1 net carb)
Dash dried oregano
Dash salt
Dash pepper

TOTAL: 190.7 calories, 8.9

Directions:

Preheat the oven to 350 degrees F. Steam spinach. In a large bowl combine the beef, spinach, onion, egg substitute, oregano, salt, and pepper. Mix until thoroughly combined. Arrange the pepper halves cut side up in a 9 by 13-inch baking dish and fill each pepper half with the meat mixture. Sprinkle with the Laughing Cow pieces. Cover with foil and bake for 30 minutes. Uncover and bake until the meat mixture is completely cooked and the peppers are tender, about 25 minutes longer.