

Recipe Corner

Sweet Peppers Stuffed with Turkey, Beans and Rice

- 1 Tbsp oil
- 1 large onion, chopped
- 1 clove garlic, minced
- 1 lb ground turkey
- 1 1/2 cups diced canned tomatoes
- 1 1/2 tsp dried basil
- 1 tsp dried oregano
- 1 bay leaf
- Salt and pepper to taste
- 2 cups cooked white or brown rice
- 1 cup cooked black beans
- 1/2 cup kernel corn
- 1 2/3 cups shredded old Cheddar cheese
- 4 to 6 green sweet peppers, halved lengthwise

Heat oil in large skillet over medium heat; add onion and cook, stirring occasionally until soft. Stir in garlic and turkey and cook, breaking up with spoon, until turkey is no longer pink. Stir in tomatoes, basil, oregano and bay leaf; reduce heat and simmer 10 minutes. Remove bay leaf. In a large bowl mix together rice, beans, corn, turkey mixture and 1 2/3 cups of the cheese. Spoon filling into peppers, place peppers in baking pans, adding a bit of water to the bottom. Cover with foil and bake at 350° for 30 to 40 minutes or until peppers are tender. Remove foil, top with remaining cheese and return to oven until cheese melts. Makes 4 servings.

Southwest Turkey Salad

Salad

- 1 lb cubed cooked turkey breast
- 1 cup cooked kidney or black beans
- 1 cup cooked kernel corn
- 1/4 cup slivered Spanish or red onion
- 1/4 cup coarsely chopped green pepper
- 1/4 cup vegetable oil
- 1 Tbsp vinegar
- 4 large lettuce leaves

Dressing

- 1/4 cup yogurt
- 1/4 cup mayonnaise
- 1/2 – 1 tsp cumin
- 2/3 cup salsa

Combine all salad ingredients except lettuce; toss and chill. Mix yogurt, mayonnaise, and cumin; chill. At serving, line four plates with lettuce or coarsely shredded lettuce. Spoon turkey mixture onto lettuce, garnish with tortilla chips, tomato wedges and parsley or cilantro. Mix dressing and salsa together and serve on the side or spoon on top of turkey salad.

