



Menu 2 SERVES 4

Stuffed Peppers

Sautéed cabbage

Heat 1 teaspoon olive oil and 1 teaspoon butter in a large nonstick skillet over medium-high heat. Add 1/2 cup thinly sliced onion, sauté 3 minutes. Add 4 cups shredded napa (Chinese) cabbage and 1/2 teaspoon salt, cook 3 minutes or until cabbage is tender, stirring frequently.

Sugar snap peas

Game Plan

1. While rice cooks:
 - Cut tops off peppers, and remove seeds and membranes
 - Microwave peppers
 - Chop onion and parsley for peppers
 - Preheat oven
2. While meat mixture cooks:
 - Grate cheese for peppers
 - Bring wine mixture to a boil
3. While peppers bake:
 - Prepare cabbage
 - Prepare snap peas

Stuffed Peppers

Bringing the sauce mixture to a boil before adding it to the dish cuts down on the overall cook time.

Total time: 45 minutes

- 1 (3 1/2-ounce) bag boil-in-bag long-grain rice
- 4 medium red bell peppers
- 3/4 pound ground sirloin
- 1 cup chopped onion
- 1/2 cup chopped fresh parsley
- 1 teaspoon paprika
- 1/2 teaspoon salt
- 1/8 teaspoon ground allspice
- 2 cups bottled tomato-and-basil pasta sauce (such as Classico), divided
- 1/2 cup (2 ounces) grated fresh Parmesan cheese
- 1/2 cup dry red wine
- Cooking spray

1. Preheat oven to 450°.
2. Cook rice according to package directions, omitting salt and fat. Set aside.
3. While rice cooks, cut tops off bell peppers, reserve tops. Discard seeds and membranes. Place peppers, cut sides down, in an 8-inch square baking dish; cover with plastic wrap. Microwave at HIGH 2 minutes or until peppers are crisp-tender. Cool.
4. Heat a large nonstick skillet over medium-high heat. Add beef and the next

- 5 ingredients (beef through allspice), cook 4 minutes or until beef is lightly browned, stirring to crumble. Remove from heat. Add rice, 1/2 cup pasta sauce, and cheese to beef mixture, stirring to combine.
5. While beef cooks, combine 1 1/2 cups pasta sauce and wine in a small saucepan; bring to a boil.
6. Spoon about 3/4 cup beef mixture into each pepper. Place peppers in a 2-quart baking dish coated with cooking spray; add wine mixture to pan. Cover with foil.
7. Bake at 450° for 20 minutes. Uncover; bake an additional 5 minutes or until lightly browned. Serve peppers with sauce. Garnish with pepper tops. Yield: 4 servings (serving size: 1 stuffed pepper and 1/2 cup sauce).

CALORIES 347 (20% from fat); FAT 7.9g (sat 3.9g, mono 2.6g, poly 0.7g); PROTEIN 26.6g; CARB 39.9g; FIBER 4.6g; CHOL 55mg; IRON 4.1mg; SODIUM 747mg; CALC 284mg

Quick Tip: Cut down on chopping and prep time by using a bag of preshredded cabbage or slaw mix for the sautéed cabbage.