



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.