

Chicken

Chicken-Stuffed Cubanelle Peppers

Taste of Home One -Dish Meals

Servings: 6

6 cubanelle peppers or mild banana peppers

2 reggs

1 cup salsa

3 cups cooked chicken breast half, shredded

3/4 cup soft bread crumbs

1/2 cup long grain rice, cooked

2 cups meatless spaghetti sauce, divided

Preheat oven to 350 degrees.

Cut tops off peppers and remove seeds. In a large bowl, combine the eggs, salsa, chicken, bread crumbs and rice. Spoon into peppers.

Coat a 13x9-inch baking dish and an 8-in h baking dish with cooking spray. Spread one cup spaghetti sauce in the larger dish and one-half cup in the smaller dish. Place peppers over sauce. Spoon remaining spaghetti sauce over peppers.

Cover and bake for 55-60 minutes or until peppers are tender.

Per Serving (excluding unknown items): 216 Calories; 8g Fat (33.2% calories from fat); 30g Protein; 5g Carbohydrate; 1g Dietary Fiber; 81mg Cholesterol; 286mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 0 Fat.