



## Chicken & Spanish Rice Stuffed Peppers

**Prep: 35 minutes plus standing**

**Bake: 45 minutes • Serves: 6**

- ¾ pound boneless, skinless chicken breasts
- Nonstick cooking spray
- 1 teaspoon olive oil
- 1 cup diced yellow onion
- 2 garlic cloves, minced
- 1 tablespoon tomato paste
- ½ cup medium or hot thick and chunky salsa
- 1 teaspoon chili powder
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ¼ teaspoon paprika
- ⅛ teaspoon ground cumin
- 1½ cups cooked long grain white rice
- 1½ cups diced tomatoes
- 6 red bell peppers
- 1½ cups shredded reduced fat Mexican cheese blend
- Chopped fresh chives for garnish (optional)

**1.** Preheat oven to 350°. Spray both sides of chicken with nonstick cooking spray. In large nonstick skillet, cook chicken over medium-high heat 10 to 12 minutes or until chicken loses its pink color throughout and reaches an internal temperature of 165°, turning once. When cool enough to handle, cut chicken into ½-inch pieces.

**2.** Meanwhile, in large skillet, heat oil over medium heat. Add onion and cook 2 minutes, stirring occasionally. Add garlic and cook 30 seconds, stirring frequently. Stir in tomato paste and cook 2 minutes, stirring occasionally. Stir in salsa, chili powder, salt, pepper, paprika and cumin. Fold in rice, tomatoes and chicken; remove from heat.

**3.** Slice off ½ inch from top of bell peppers and reserve tops; remove seeds and inner membranes. Place peppers, stem side up, in 13 x 9-inch baking dish; add ½ inch water to dish. Fill each pepper with 2 tablespoons cheese. Divide rice mixture between peppers and top with remaining cheese. Replace tops of peppers, securing with toothpicks.

**4.** Cover peppers loosely with foil. Bake 45 minutes or until peppers are tender. Let stand 5 minutes before serving. Sprinkle with chives, if desired.

*Approximate nutritional values per serving: 260 Calories, 8g Fat (28% of total calories), 3g Saturated Fat (10% of total calories), 46mg Cholesterol, 535mg Sodium, 29g Carbohydrates, 4g Fiber, 22g Protein*

*Dietary Exchanges:  
2 Starch; 3 Protein; 2 Fat*