

## **GROUND CHICKEN STUFFED VEGETABLES**

### **Ingredients**

- 2 tablespoons extra virgin olive oil
- 1 pound ground chicken
- 1/4 cup of diced onion
- 1 tablespoon ground chili powder
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- Sea salt and pepper to taste
- 1 14 oz can fire-roasted diced tomatoes
- 1 1/2 cups cooked brown or cauliflower rice
- 1 1/4 cup shredded cheddar cheese

### **Instructions**

1. Heat the olive oil in a large skillet over medium high heat. Add the chicken, chili powder, cumin, garlic powder, salt, and pepper.
2. Cook, breaking apart the meat, until the chicken is browned and cooked through, about 4 minutes. Drain off any excess liquid, then pour in the can of diced tomatoes with juices. Let simmer for 1 minute.
3. Add the cooked rice. Remove from heat and mix about half the cheese into chicken stuffing mixture.
4. Stuff the vegetable and top with the remaining cheese.
5. Butter the bottom or drizzle a little olive oil into a shallow baking dish.
6. Bake at 400 degrees for about 20 minutes until warmed through and cheese is melted.
7. Makes enough for about 4 stuffed vegetables.

## **VEGETABLE VEHICLE PREP**

### **PEPPERS**

1. Remove seeds and membranes from peppers and rinse well.
2. Fill a large pot with an inch or so of water and top with a steamer.
3. Bring water to a simmer, add peppers and cover.
4. Steam for about 10 minutes or until tender-crisp. (If you don't have a steamer, just place them in a couple of inches of water in the pan, bring to boil, reduce to simmer, and cook till soft)
5. Drain peppers.
6. Fill with stuffing of choice and top with cheese. Butter or drizzle a bit of olive oil in bottom of a shallow baking dish and bake at 400 degrees till warmed throughout and cheese is melted.

### **EGGPLANT**

1. Cut in half, lengthwise. Carefully scoop out as much of the flesh as possible, without puncturing the bottom skin.
2. Brush inside with a little bit of olive oil.
3. Bake in shallow pan, with a little water in the bottom, at 400 degrees for about 20 min or till soft.
4. Put eggplant flesh in a medium pan with water and bring to boil. Reduce heat, simmer, and cover till soft; about 20 minutes. Smash up and add to filling.
5. Fill the eggplant halves with filling, top with cheese.
6. Butter or drizzle some olive oil in a shallow baking dish and bake at 400 degrees for about 20 min until warm throughout and cheese is melted.

### **POTATO**

1. Bake potato till soft.
2. Cut open down middle, scoop out potato flesh.
3. Fill 'er up!
4. Top with cheese and bake at 400 degrees in a shallow, buttered, baking dish till cheese melts and stuffing is hot.

### **ROMAINE LETTUCE LEAVES**

1. Select the largest leaves possible; combine two together if needed.
2. Lay flat on plates and fill with desired stuffing.
3. Top with cheese and/or sliced avocado.