

## Shredded Chicken & Stuffed Peppers (Halloween Style)

**Exchanges:** 3 oz meat (2 oz shredded chicken + ¼ cup of low fat cheese) + 1 non-starchy veggie serving (5 oz. whole pepper)

Optional carbohydrate for mixture:

A choice of: 1/3 cup of cooked quinoa or ½ cup cooked black beans = 1 carbohydrate.



### Ingredients

### Directions for Stuffed Peppers

#### **For Shredded Chicken:**

- chicken breasts
- fat-free chicken broth (as desired)
- spices:
  - 1 teaspoon cumin
  - 1 teaspoon garlic salt
  - 1 teaspoon chili powder

#### **For Stuffed Peppers:**

- 4 whole bell peppers your choice of color (5 oz.)
- 1 1/3 cup cooked quinoa or 2 cups cooked black beans (canned)  
=1/3 cup cooked quinoa or 1/2 cup cooked black beans per pepper)
- 12 oz shredded chicken from the above recipe (cooked weight measurement)  
=3 oz. shredded chicken per pepper (cooked weight measurement)
- 1 cup low-fat shredded cheddar cheese  
= ¼ cup per pepper

1. First, Boil the chicken
2. Next, Preheat oven to 350°F
3. Next, bring a large pot of water to a boil.
4. Begin to rinse the peppers and slice off the tops and set aside. Hollow out and discard the insides of the peppers making sure to remove any seeds.
5. If desired, use a small paring knife to cut out a jack-o-lantern face, as shown in the example picture above.
6. After the water has reached a boil, add the peppers along with the tops to the pot for about 5 minutes until the peppers are tender.
7. Remove the peppers from the water and set aside to cool.
8. In a large bowl, mix together the shredded chicken, cheese, and quinoa
9. Fill each pepper with the mixture then replace the pepper tops back on top.
10. Bake at 350°F for approximately 30 minutes, or until cheese is melted and pepper is done to desired tenderness

TREAT	CALORIES	COUNTS AS
Boom Chicka Pop-Sea Salt (1 snack pack)	30	2 Free Foods
Snicker Fun Size (1)	75	1 Carb, ½ Fat
Reese's Cup (1 cup)	90	1 Carb, ½ Fat
Hershey Kisses (1)	23	1 Carb, ½ Fat
Butterfinger Fun Size (1)	100	1 Carb, ½ Fat
Starburst Fun Size (2 pcs)	40	½ Carb
Candy Corn (19 pcs)	140	2 Carbs, 1 Veg
Skittles Fun Size (1)	60	1 Carb
Small Caramel Apple	160	2 Carbs

