

# Cancer Prevention and Wellness

## Harvest Stuffed Peppers

Peppers are abundant and flavorful at summer's end. They are rich in vitamin C and good sources of other nutrients, such as vitamin A. A mix of colors – red, green and yellow – lends a beautiful plate and variety of protective phytochemicals. The dried “harvest fruit” provides great flavor, texture, and nutrients.

### Makes 6 servings

|            |  |          |                               |
|------------|--|----------|-------------------------------|
| 6          | Small red and green bell peppers (3 each)          | 1/4 Tsp. | Paprika                       |
|            |  | 1/2 Tsp. | Ground cumin                  |
| 1 1/4 cups | Uncooked long-grain rice                           | pinch    | Ground cinnamon               |
| 2 1/2 cups | Water  | 1/4 cup  | Dried currants or cranberries |
| 1          | Bay leaf   | 1/4 cup  | Chopped dried apricots        |
| 1/2 Tsp.   | Salt   | 1/4 cup  | White wine or water           |
| 2          | Sweet Italian sausages* (about 4 ounces), crumbled | 3 oz.    | Soft goat cheese, crumbled    |
| 1/2        | Small onion, diced                                 | 1/4 cup  | Grated Parmesan cheese.       |

\*Substitute lean ground beef if desired.

Preheat oven to 350 degrees F.

Remove the stem and slice the tops off of the bell peppers. Remove the seeds and discard. Chop the tops and place in a large bowl. Set aside.

Prepare the rice: Bring the water to a boil in a medium saucepan; add rice, bay leaf and salt. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed. Remove from heat. Set aside.

Place sausage in a medium nonstick skillet over medium-high heat; sauté until browned. Add the onion and spices and cook, stirring often, until the onion is soft, about 3 minutes. Add the dried fruit, cook another minute, then stir in the white wine or water. Transfer the mixture to the bowl with the pepper tops, and mix in the rice. Fold in the goat and 2 tablespoons of the Parmesan cheese. Stuff each pepper with filling and place in a lightly oiled baking dish just large enough to hold them in one layer. Cover with foil wrap using enough wrap so that the edges can be sealed but the top does not touch the tops of the peppers. Bake for 40 minutes, then remove foil and sprinkle the tops with the remaining Parmesan. Cook another 10 minutes, or until the tops are lightly brown and the peppers are tender.

### Per serving:

| Calories | Protein | Carbohydrates | Fat | Saturated Fat | Cholesterol | Fiber |
|----------|---------|---------------|-----|---------------|-------------|-------|
| 283      | 10g     | 45g           | 7g  | 3g            | 18mg        | 4g    |

% of Calories: 63% Carbohydrate; 14% Protein; 23% Fat

Recipe by Laura Pensiero, RD

\*Ask-the-Chef- Go to [www.mskcc.org](http://www.mskcc.org) and look under Wellness.

