

Meals with Teal #10

Menu:

Stuffed Peppers
Arugula Salad

Bonus: Turkish cookies (Sekerpare) with glaze

Recipes:

Stuffed Peppers:

4 medium green peppers
1lb ground chicken
1 large beefsteak tomato
½ large onion
1 c rice
1 tsp chili-lime seasoning
1 tsp salt
½ tsp pepper
Optional: ¼ tsp cumin
1 to 1½ c vegetable broth or water

*Mix ground chicken with the other ingredients- add vegetable broth until it is a soupy consistency. Cut tops of peppers off, clean out peppers and remove stems from the tops. Scoop mixture into the peppers and place in a saucepan. Scoop remaining mixture around the peppers and place tops on peppers. Pour some more vegetable broth on top.

*Cook on the stovetop at low to medium heat for 45-60 minutes until peppers are soft and filling is cooked.

Salad:

Arugula, or salad blend
1 beefsteak tomato
1/4 large onion
5-6 radishes

Dressing:

Balsamic glaze
Juice of 1 lemon
Sumac or lemon pepper seasoning to taste
Salt and pepper to taste

Bonus – Turkish Cookies (Sekerpare):

Ingredients

5 TBSP butter, softened

1 egg

$\frac{3}{4}$ cup plus 2 TBSP flour

6 TBSP fine grained semolina or almond flour

1 teaspoon baking powder

5 TBSP powdered sugar

10 almonds

Glaze:

$\frac{3}{4}$ c plus 1 TBSP granulated sugar

1 c water

1 TBSP lemon juice

*bring to a boil until thickened.

Mix dry ingredients. Using hands mix with butter and egg with dry ingredients. Roll into a tube and break into 10 parts. Flatten on a baking sheet and place an almond in the middle of each cookie. Bake at 350 for 9-11 minutes.

Once slightly cooled spread glaze on top and enjoy once cooled!

Meals with Teal Video #10:

<https://www.youtube.com/watch?v=BfltuOAuCLM>

Meals with Teal #10 "Bonus" video:

<https://www.youtube.com/watch?v=gBeSdcKHVLk>

All Meals with Teal done so far:

<https://gwdocs.com/specialties/breast-surgery>

Grocery List from Safeway:

Condiments, Spice & Bake

Signature SELECT Powdered Sugar Confectioners - 16 Oz \$1.79

**Signature SELECT Glaze With Balsamic Vinegar Of Modena - 7.95 Fl. Oz.
\$5.49**

**Urban Accents Seasoning Blend Corn On The Cob Chili Lime Spicy - Each
\$4.99**

Bob's Red Mill Durum Wheat Semolina Flour - 24 Oz \$4.99

Canned Goods & Soups

O Organics Organic Broth Vegetable - 32 Oz \$2.49

Grains, Pasta & Sides

Signature SELECT Enriched Long Grain Rice - 32 Oz \$2.69

Fruits & Vegetables

Lemon Large \$0.79

Yellow Sweet Onion \$1.49

Green Bell Pepper \$4.64

Hothouse Large Tomato \$2.69

O Organics Half & Half Salad - 5 Oz \$3.79

Buurma Farms Radishes Red Prepacked - 1 Lb \$2.49

Meat & Seafood

PERDUE No Antibiotics Ever Ground Chicken Tray Pack - 16 oz \$7.49

Signature SELECT Lemon Juice - 15 Fl. Oz. \$2.29

Total: \$48.11

Safeway gift card: \$50

Nutritional Information:

STUFFED PEPPERS

Amount per serving	% Daily Value
Servings	4
Calories	400 kcal
Total Fat	15 g
- Saturated Fat	3g
Cholesterol	60mg
Sodium	600 mg
Total Carbohydrates	40g
- Dietary Fiber	6g
- Total Sugars	7g
- Added Sugars	0 g
Protein	30 g
Vitamin A	15%
Vitamin C	100%
Calcium	6%
Iron	10%
Potassium	700mg

ARUGULA SALAD WITH BALSAMIC GLAZE

Servings	4
Amount per serving	% Daily Value
Calories	60 kcal
Total Fat	2g
- Saturated Fat	0 g
Cholesterol	0 mg
Sodium	50 mg
Total Carbohydrates	10g
- Dietary Fiber	2g
- Total Sugars	3g
- Added Sugars	0 g
Protein	2g
Vitamin A	30%
Vitamin C	20%
Calcium	6%
Iron	5%
Potassium	300 mg