



YMCA of Greater Nashua Recipes

Staff Recipe

CHICKEN STUFFED PEPPERS

Submitted by Melissa Collins



DIRECTIONS

- Preheat oven to 350 degrees.
- Bring a few cups of water to boil in a pot.
- Cut tops off peppers and clean out seeds.
- Place peppers in boiling water for 2 minutes to precook them. Set them aside to cool.
- Take the roasted chicken breast and tear or shred it into pieces with a couple of forks.
- Cook the riced vegetables by using the directions on the bag.
- In a bowl, combine the sauce, rice and chicken. Mix until well combined.
- Spoon mixture into the precooked peppers.
- Place stuffed peppers into oven safe dish where the peppers can easily stand upright without falling over.
- Cover with aluminum foil or container top.
- Bake at 350 for 15 minutes (10 minutes covered, 5 minutes uncovered).
- If you want to finish it with cheese for extra flavor, add your shredded cheese of choice when you uncover the peppers for the final 5 minutes.

INGREDIENTS

- Roasted chicken breast
(Store bought or already prepared)
- Marinara sauce
(Store bought or already prepared)
- Sweet potato/cauliflower rice blend
- 2-3 good size peppers
- Shredded Cheese of choice (optional)

