

## A close-up photograph of several stuffed bell peppers, both red and yellow, arranged on a white surface. The peppers are filled with a mixture of ground meat, rice, and vegetables, topped with a layer of melted cheese.

- 1 pound lean ground turkey
- 1 teaspoons chili powder
- 1 teaspoon cumin
- 1/2 teaspoon black pepper
- 1/4 teaspoon kosher or sea salt
- 3/4 cup salsa, no sugar added
- 1 cup grated cheddar cheese, reduced-fat
- 3 bell peppers

- Remove seeds, core, and membrane from bell peppers then slice each one into 6 pieces where they dip down from the top. Set sliced bell peppers aside.
- Cook ground turkey over medium-high heat, breaking up as it cooks. Cook until the turkey loses its pink color and is cooked through. Drain off any fat.
- Preheat oven to 375 degrees.
- Combine cooked turkey with spices and salsa. Evenly distribute mixture into the bell pepper “boats,” top with cheese.
- Bake on a lined baking sheet for 10 minutes or until cheese is melted and peppers are hot. Optional ingredients: sliced jalapeno peppers, diced avocado, fat-free Greek yogurt or sour cream, or sliced green onions.
- NOTE: If you prefer much softer bell peppers, add a few tablespoons water to the bottom of a large casserole dish, add filled nachos, cover tightly with foil and bake 15 minutes.

- 3-4 medium zucchinis, diced
- 2 tablespoons olive oil
- 1/2 teaspoon chili powder
- 1/2 teaspoon garlic powder
- 1/8 teaspoon cayenne pepper
- salt and pepper, to taste
- Crumbled cotija or feta cheese, lime juice, and/or fresh cilantro, for garnish (optional, but highly recommended)

- Preheat oven to 425 degrees and line a rimmed baking sheet with parchment paper or foil.
- In a medium bowl, mix zucchini, olive oil, chili powder, garlic powder, cayenne, and salt/pepper until well coated.
- Spread evenly on baking sheet and roast for 25 minutes, or until zucchini is browned.
- Serve sprinkled with lime juice, cheese, and chopped fresh cilantro, if desired.



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## Beet Fries



### Ingredients

- 2 large red beets
- 1 Tablespoon olive oil
- 1 teaspoon Sriracha or other hot sauce
- 1/4 teaspoon cumin
- salt and pepper
- parsley, chopped (optional)
- 2 Tablespoons of grated Parmesan cheese

### Instructions

- Preheat oven 400 degrees F. Line a baking pan with parchment paper or foil
- Peel beets and slice off both ends. Slice them up into 1/4 inch long slices to resemble fries and lay on prepared baking pan
- Drizzle olive oil over them and coat with your hands and sprinkle Sriracha, cumin and a dash of salt and pepper.
- Roast at 400 degrees for 20-30 minutes, flipping them every 5 minutes. Poke with a fork to test for doneness. They should be nice and soft.
- Remove from oven. Shake Parmesan cheese on top.

*Adapted from [delightfulmomfood.com](#)*

## The Magic Corn Trick

- Remove a few of the outer husks that might be dirty.
- Cut the bottoms off of the corn. Cut above where the husk is attached.
- Place a moist paper towel on the bottom of the microwave or on top of the carousel and place the corn on the paper towel.
- Use this guide for your cook time. Remember the cook time can vary for each microwave.



- 1 ear - 2 minutes
- 2 ears - 3 to 4 minutes
- 3 ears - 5 to 6 minutes
- 4 ears - 7 to 8 minutes
- 6 ears - 8 to 9 minutes

- After cooking, let the corn sit about 2 minutes. It will continue to cook and will be cooler and easier to handle. If you let it sit too long, the silk will stick to the ear and will be harder to clean.
- Pick the cooked corn up by the top (you might want to use an oven mitt if it is too hot to handle) and squeeze and lightly shake out the ear of corn. It should just slide out leaving the silk and all of the husks intact.
- Just like magic, your corn is cleaned and cooked!

*Adapted from [holmfamilycookbook.com](#)*

## Whole Roasted Onions

### Ingredients

- Yellow onions
- 1/4 cup olive oil
- 2 tablespoons unsalted butter, thinly sliced
- coarse ground salt
- Coarse ground black pepper

### Instructions

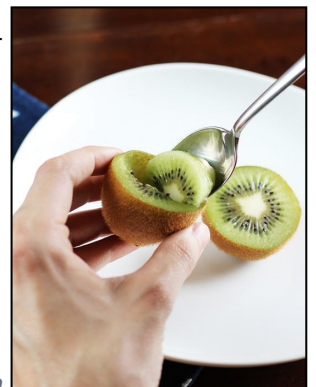
- Place a rack in the upper third of the oven and preheat oven to 375 degrees F.
- Cut the tops off of each onion, but leave most of the skins on the onion.
- Arrange the onions in a square baking dish or a rimmed sheet pan. If onions are too large, slice in half but not any smaller. Drizzle olive oil over the onions and place a thin pat of butter on each onion.
- Sprinkle generously with salt and pepper.
- Bake for 25 minutes until bubbling and tender.
- Increase the oven temperature to 400 degrees F and cook for another 15 to 20 minutes until the onions are completely tender and the tops are browned.
- Remove from the oven and allow to cool slightly then remove the skins. Slice and enjoy warm as a side dish.



*Adapted from [joythebaker.com](#)*

## Easy Kiwi Snack

Kiwi is great when peeled and sliced into a salad or put with other fruit. But for a quick snack, all you have to do is cut the fruit in half crosswise and use a metal spoon to scoop out the flesh. You'll probably get a little kiwi juice on your hand as you scoop, and sometimes the spoon breaks through the skin, but all in all, it's a speedy, no-fuss way to add a little fruit to your day.



*Adapted from [thekitchn.com](#)*