

# Cheez-It® Stuffed Peppers

Colorful bell peppers stuffed with seasoned ground turkey, rice, veggies, and Cheez-It® Whole Grain crackers for a satisfying and eye-catching meal.



**THIS RECIPE MEETS:**  
**2 oz M/MA**  
**1 oz eq Grain**  
**1/4 Cup Vegetable**

Nutrition Facts	
Serving size	1/2 Pepper
Amount per serving	
Calories	<b>345</b>
% Daily Value*	
<b>Total Fat</b> 13g	<b>17%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 420mg	<b>18%</b>
<b>Total Carbohydrate</b> 31g	<b>11%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 25g	
Calcium 210mg	16%
Iron 2.6mg	14%
Potassium 560mg	12%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Ingredients: 50 Servings

## Directions to Prepare:

- 25 medium bell peppers, halved and seeded (50 halves; mixed colors)
- 25 cups cooked ground turkey (from approx. 13–14 lb raw 93% lean ground turkey)
- 12.5 cups cooked brown rice
- 3 cups diced onion
- 25 oz shredded low-fat cheddar cheese
- 25 oz Whole Grain Cheez-It® Crackers Made with Whole Grain, Bulk, crushed (0.5 oz per serving)

### Seasoning Blend for Ground Turkey

(no added salt):

- 6 tbsp garlic powder
- 6 tbsp onion powder
- 4 tbsp paprika
- 3 tbsp Italian seasoning
- 2 tbsp black pepper

1. Brown ground turkey in a tilt skillet or large pan until fully cooked (165°F). Drain excess moisture if needed.
2. While turkey is cooking, add seasoning blend and mix thoroughly to evenly distribute flavor. No salt is added.
3. In a large mixing bowl, combine cooked seasoned ground turkey with rice, vegetables, crushed Cheez-It® crackers and cheese.
4. Halve and seed bell peppers. Lightly steam or blanch for 3–5 minutes to soften.
5. Fill each pepper half with approximately 1/2 cup of the turkey mixture.
6. Bake at 350°F for 20–25 minutes until heated through and internal temperature reaches 165°F. Serve hot.

Recipe recalculated using ground turkey only. Full seasoning blend specified with no salt used. Nutrition Facts Panel updated accordingly to reflect seasoning clarification and sodium reduction.

## Recipe Ingredients



ITEM CODE	DISTRIBUTOR CODE	PRODUCT NAME	CASE	OUNCE EQUIV. GRAIN OR M/MA
24100-12802		CHEEZ-IT® CRACKERS MADE WITH WHOLE GRAIN, BULK CASE	4 CT./48 OZ.	1.5 OEG (30G), 1 OEG (21G)