



CHICKEN PARMESAN STUFFED PEPPERS



INGREDIENTS

ITEM	QUANTITY
• Medium Green Bell Pepper	1
• Ground Chicken	5 Oz.
• Cooked White Rice	¼ Cup
• Grated Parmesan Cheese	2 Tbsp.
• Lactose-free Mozzarella Cheese, shredded	2 Tbsp.
• Sliced Green Onion Tops	2 Tbsp.
• Chopped Fresh Parsley	1 Tbsp.
• Dried Italian Seasoning	½ Tsp.
• Garlic-infused Olive Oil	½ Tsp.
• Salt and Black Pepper, to Taste	
• Low-fodmap Marinara Sauce	2 Tbsp.

SERVING SIZE 1



PREPARATION

- 👉 Preheat oven to 400°F.
- 👉 Cut the green bell pepper in half lengthwise and remove the seeds and membranes.
- 👉 Place the pepper halves cut-side up in a small baking dish.
- 👉 Heat the garlic-infused olive oil in a skillet over medium heat.
- 👉 Add the ground chicken and cook for 5-6 minutes, breaking it apart as it cooks, until fully cooked.
- 👉 Stir in the cooked rice, Parmesan, green onion tops, parsley, Italian seasoning, salt, and pepper.
- 👉 Spoon 1 tbsp of the low-FODMAP marinara into each pepper half.

- 👉 Divide the chicken mixture evenly between the pepper halves.
- 👉 Top with the remaining marinara sauce.
- 👉 Sprinkle the mozzarella evenly over the top.
- 👉 Cover loosely with foil and bake for 20 minutes.
- 👉 Remove the foil and bake for another 8-10 minutes, until the cheese is melted and the pepper is tender.