

Benefits of adding fiber to your diet:

Low-fat meals containing fiber can help keep your digestive tract healthy when you are not experiencing an inflammatory bowel disease (IBD) flare. The insoluble fiber that is found in vegetables like peppers and spinach helps to keep you regular by softening and adding bulk to the stool. Soluble fiber found in brown rice can help control blood cholesterol levels – an added bonus!

People with IBD often have trouble meeting calcium requirements. Spinach is a vegetable high in calcium – a half cup provides 122 mg of calcium. Add a little spinach salad as a side dish for an added dose.



**Find more resources at
clevelandclinic.org/nutrition**

Recipe created by Digestive Disease Institute registered dietitians.

Stuffed Peppers



Makes 4 servings

- 4 bell peppers, any color
- 1 cup brown rice, cooked
- 8 oz of 93% lean ground turkey
- 1 medium yellow onion, diced
- 1 cup frozen spinach, thawed
- ½ teaspoon salt
- 1 teaspoon pepper
- 1 tablespoon salt-free Italian seasoning
- ¼ cup reduced-fat feta cheese
- 4 teaspoons reduced-fat Parmesan cheese
- Olive oil or canola oil cooking spray

1. Preheat oven to 400°F.
2. Cut tops off 4 bell peppers and remove seeds. Set aside.

3. Prepare brown rice according to package directions. Omit butter or oil.
4. Lightly spray a large skillet with olive or canola oil cooking spray. Add salt and pepper. Cook diced onion in the pan until it is translucent. Add ground turkey and Italian seasoning. Cook until meat is browned.
5. Add 1 cup spinach to turkey and onions. Cook until spinach is soft.
6. Turn off heat. Add cooked rice and reduced-fat feta cheese to turkey and vegetable mixture.
7. Spoon mixture into the 4 bell peppers. Place peppers into a glass or nonstick baking dish. Sprinkle tops of peppers with reduced-fat parmesan cheese.
8. Bake peppers uncovered at 400°F for 30 minutes or until peppers are soft and Parmesan cheese is slightly browned.

NUTRITIONAL INFORMATION (PER SERVING):

Calories: 216

Protein: 17 g

Carbohydrate: 24 g

Dietary Fiber: 5 g

Sugar: 7 g

Total Fat: 6 g

Saturated Fat: 3 g

Sodium: 594 mg

Potassium: 506 mg

Calcium: 96 mg

Iron: 2 mg