

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.

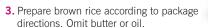


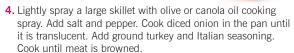
Find more resources at clevelandclinic.org/nutrition

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
- 1/4 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.





- **5.** Add 1 cup spinach to turkey and onions. Cook until spinach is soft.
- 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.
- 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