

# Smoked Sausage and Orzo Stuffed Peppers

*www.hillshirefarms.com/recipes*  
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## Servings: 6

*1 tablespoon olive oil*  
*1 package smoked sausage, cut into*  
*1/4-inch-wide half moons*  
*1 medium onion, diced in 1/2-inch*  
*cubes*  
*1 clove garlic, minced*  
*1 tablespoon Italian seasoning*  
*1 tablespoon white wine vinegar*  
*2 cups orzo pasta, cooked according*  
*to package directions*  
*1/2 teaspoon salt*  
*1/2 teaspoon pepper*  
*1/2 cup mozzarella cheese, shredded*  
*1 3/4 cups marinara sauce*  
*1/4 teaspoon cinnamon*  
*6 bell peppers*

## Preparation Time: 15 minutes

## Cook Time: 25 minutes

Preheat the oven to 400 degrees.

Heat the oil in the skillet over medium heat. Add the smoked sausage, onion, garlic and seasoning. Cook for 6 to 9 minutes until the onions are soft and the smoked sausage is brown. Stir in the vinegar, cooked orzo, salt, pepper and 1/4 cup of the mozzarella cheese. Remove from the heat. Set aside.

Mix the marinara sauce and the cinnamon. Stir 1/4 cup of the sauce into the skillet. Spoon the remaining sauce into a 9x9-inch baking dish.

Cut the pepper tops off. Remove the seeds. Stuff them with the orzo-smoked sausage mixture. Place in the baking dish. Sprinkle with the remaining mozzarella cheese.

Bake for 25 minutes.

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Per Serving (excluding unknown items): 172 Calories; 10g Fat (49.6% calories from fat); 6g Protein; 16g Carbohydrate; 4g Dietary Fiber; 16mg Cholesterol; 628mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

Pork

## Per Serving Nutritional Analysis

Calories (kcal):	172	Vitamin B6 (mg):	.4mg
% Calories from Fat:	49.6%	Vitamin B12 (mcg):	.2mcg

% Calories from Carbohydrates: 37.0%  
 % Calories from Protein: 13.4%  
 Total Fat (g): 10g  
 Saturated Fat (g): 3g  
 Monounsaturated Fat (g): 5g  
 Polyunsaturated Fat (g): 1g  
 Cholesterol (mg): 16mg  
 Carbohydrate (g): 16g  
 Dietary Fiber (g): 4g  
 Protein (g): 6g  
 Sodium (mg): 628mg  
 Potassium (mg): 490mg  
 Calcium (mg): 90mg  
 Iron (mg): 1mg  
 Zinc (mg): 1mg  
 Vitamin C (mg): 116mg  
 Vitamin A (i.u.): 1112IU  
 Vitamin A (r.e.): 128 1/2RE

Thiamin B1 (mg): .1mg  
 Riboflavin B2 (mg): .1mg  
 Folic Acid (mcg): 38mcg  
 Niacin (mg): 2mg  
 Caffeine (mg): 0mg  
 Alcohol (kcal): 0  
 % Daily Value

## Food Exchanges

Grain (Starch): 1/2  
 Lean Meat: 1/2  
 Vegetable: 1 1/2  
 Fruit: 0  
 Non-Fat Milk: 0  
 Fat: 1 1/2  
 Other Carbohydrates: 0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

Calories 172      Calories from Fat: 85

### % Daily Values\*

Total Fat 10g 15%  
   Saturated Fat 3g 16%  
 Cholesterol 16mg 5%  
 Sodium 628mg 26%  
 Total Carbohydrates 16g 5%  
   Dietary Fiber 4g 15%  
 Protein 6g

Vitamin A 22%  
 Vitamin C 193%  
 Calcium 9%  
 Iron 8%

\* Percent Daily Values are based on a 2000 calorie diet.