

# Tuna Stuffed Bell Peppers

Vegetable					
Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Bell peppers		25 bell peppers		50 bell peppers	1. Preheat oven to 400° F. Cut bell peppers in half lengthwise and remove stems and seeds. Place open side down on baking sheets and bake for 7 minutes or until slightly softened. 2. Chop onion and garlic in food processor and slice green onions by hand 3. Mix all the ingredients in a large bowl. Fill bell peppers with ½ cup of the tuna mixture and bake covered for 15 minutes. Uncover and continue to bake for another 15 minutes or until stuffing starts to brown. CCP: Heat to 135° F or higher. CCP: Hold for hot service at 135° F or higher
Garlic		16 cloves		32 cloves	
Onions, whole	2 lbs. 6 oz.	2 qt. 1/3 cup	4 lbs. 11 oz.	4 qt. 2/3 cup	
Green onions		1 cup		2 cups	
Canned tuna	100 oz		200 oz		
Canned diced tomatoes no salt added	20 oz		40 oz		
Skim Yogurt		3 cups		6 cups	
Breadcrumbs	1 lb. 11 oz.	2 qt. 1/3 cup	3 lbs. 5 oz.	4 qt. 2/3 cup	
Black pepper		1 1/3 Tbsp.		2 2/3 Tbsp.	
Paprika		1 1/3 Tbsp.		2 2/3 Tbsp.	

Serving	Yield	Volume
1 cup of tuna stuffed pepper (1 serving provides ½ cup of vegetables and 2 oz equivalents of meat/ meat alternate)	<b>50 Servings:</b> 50 cups	<b>50 Servings:</b> 3 sheet pans (18" x 26" x 1")
	<b>100 Servings:</b> 100 cups	<b>100 Servings:</b> 6 sheet pans (18" x 26" x 1")

Nutrients Per Serving					
<b>Calories</b>	171	<b>Saturated Fat</b>	0.29 g	<b>Iron</b>	2.08 mg
<b>Protein</b>	18.36 g	<b>Cholesterol</b>	30.29 mg	<b>Calcium</b>	78.76 mg
<b>Carbohydrate</b>	21.31 g	<b>Vitamin A</b>	2023.03 IU	<b>Sodium</b>	408.52 mg
<b>Total Fat</b>	1.22 g	<b>Vitamin C</b>	79.89 mg	<b>Dietary Fiber</b>	2.79 g