



Sweet & Sassy Asian Chicken Stuffed Peppers



Entire recipe: 190 calories, 3.5g total fat (0.5g sat. fat), 676mg sodium, 27g carbs, 4g fiber, 16.5g sugars, 12g protein

Prep: 5 minutes



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Ingredients

6 sweet mini bell peppers (each about 2 1/2 inches long)
One 2.6-oz. pouch [Starkist Chicken Creations Ginger Soy](#)
1/4 cup canned pineapple tidbits packed in juice, lightly drained
1/4 cup canned sliced water chestnuts, drained and chopped
Optional topping: chopped scallions

Directions

Slice off and discard the stem end of each pepper. Remove and discard seeds.

In a medium bowl, mix chicken, pineapple, and water chestnuts. Distribute mixture among peppers.

MAKES 1 SERVING

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