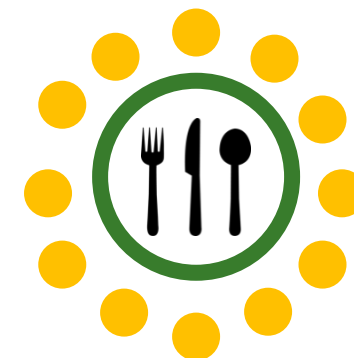


## recipe of the week:

### *Cheesesteak Stuffed Bell Peppers*



<b>Ingredients:</b>	<b>Directions:</b>
1 Tbsp. canola oil	1. Preheat oven to 400 degrees F.
1 Tbsp. margarine	2. In a large skillet over medium heat, heat oil and margarine and sauté onions, mushrooms, garlic, salt and black pepper for 10-12 minutes, or until tender.
1 cup thinly sliced onion	3. Remove from heat and stir in roast beef.
1 ½ cup sliced mushrooms	4. Place a piece of cheese inside each green pepper and fill evenly with meat mixture. Cover with foil and bake 20 minutes.
2 tsp. minced garlic	5. Remove foil, then top with remaining cheese and return to oven for 5 minutes, or until pepper is tender and cheese is melted.
¼ tsp. salt	* To blanch the peppers, place in a pot of boiling water for 1 minute, drain, set aside.
¼ tsp. black pepper	
4 slices low-salt deli roast beef, cut into ½ inch strips	
4 slices mozzarella cheese, cut in half	
2 large green bell peppers, sliced in half, seeds removed, blanched*	

Presented by:

