



Donated by Allen & Myra Charleston

This is a heart healthy version of an old family favorite...

Stuffed Green Peppers

- 6 large green peppers, tops cut off, seeded and membrane removed
- 3/4 cup chopped onion
- 1 clove garlic, crushed
- 1 (17 ounce) can cream style corn
- 1/8 teaspoon pepper
- 1/2 cup Italian breadcrumbs
- 1 pound ground emu
- 1/4 cup chopped green pepper (the tops)
- 1/3 cup chopped celery
- 1 teaspoon salt
- Dash of red pepper
- 1/4 cup (1 ounce) shredded cheddar cheese
- 2 or 3 tablespoons cooking oil

Cook peppers in boiling salted water 5 minutes, remove, drain and set aside.

Sauté onion, chopped green pepper, garlic and celery until almost tender. Add emu and brown lightly. Add corn, salt and pepper. Stir and heat until hot through.

Fill peppers with meat mixture and place in an 8" square baking dish. Combine breadcrumbs and cheese, sprinkle over peppers.

Bake at 350 about 15 minutes or until top is lightly browned.

Serves 6.