

CHICKEN SAUSAGE STUFFED PEPPERS

Bell peppers stuffed with sauteed vegetables, Parmesan cheese, rice and finely chopped Gold Kist Farms® Fully Cooked Chicken Sausage Patties.

Comfort foods, such as this classic stuffed pepper dish, are considered a Perennial Favorite in 2016 according to **56%** of top chefs surveyed.

Source: National Restaurant Association, What's Hot 2016 Culinary Forecast, 2015.



NUTRITION FACTS

APPROXIMATE VALUES

Yield: 100 servings

Serving Size: 17oz (478g)

Amount Per Serving **% Daily Value***

Calories: 410

Total Fat: 12g 18%

Cholesterol: 60mg 20%

Sodium: 590mg 25%

Total Carbohydrate: 57g 19%

Dietary Fiber: 7g 28%

Sugars: 6g

Protein: 20g 40%

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS

Gold Kist Farms® Fully Cooked Chicken Sausage Patties (Code #6390), thawed and then chopped fine	6 pounds
Extra-virgin olive oil, divided, plus additional to oil pans	2 cups
Zucchini, small dice	4 pounds
Yellow onion, small dice	6 pounds
Minced garlic	½ cup
Salt and ground pepper	to taste
Parmesan, grated	3 cups
Long-grain brown rice, cooked	12 quarts (15¼ pounds)
Fresh whole grain breadcrumbs	6 cups
Large bell peppers (any color), halved lengthwise, seeds and ribs removed	50 each

METHOD

1. Preheat convection oven to 350° F.
2. In a tilt skillet, heat 1 ½ cups olive oil. Add zucchini, onion, and garlic. Season with salt and pepper and cook until vegetables are tender, about 8 minutes.
3. Add zucchini mixture to bowl with sausage, along with Parmesan, rice, and 1 teaspoon oil; stir to combine and season with salt and pepper.
4. In a medium bowl, combine breadcrumbs and 1/2 cup olive oil and season with salt and pepper.
5. Brush a rimmed baking sheet with a thin layer oil and arrange bell peppers, cut side up, on sheet. Divide rice mixture among peppers and top with breadcrumbs. Bake until breadcrumbs are browned and peppers are tender, about 30 minutes. Serve warm.

Note: Chicken should be heated to an internal temperature of 165° F.



**GET THE PRODUCTS AND SUPPORT TRUSTED BY SO MANY K-12 FOOD PROGRAMS.
TALK TO YOUR REPRESENTATIVE TODAY: CALL 800.336.9876 OR VISIT GOLDKISTFARMS.COM.**

© 2016 Gold Kist Farms
All rights reserved.