



In your box

- 1 oz. Light Cream Cheese
- 8 fl. oz. Marinara Sauce
- 2 oz. Kale
- 3 Green Bell Peppers
- 2 oz. Shredded Mozzarella

Customize It Options

- 8 oz. Italian Pork Sausage Links
- 12 oz. Ground Turkey
- 10 oz. Antibiotic-Free Ground Beef
- 10 oz. Ground Beef

*Contains: milk

You will need

- Cooking Spray
- Baking Sheet, Medium Non-Stick Pan



Cheesy Italian Sausage-Stuffed Pizza Peppers

with marinara and mozzarella

NUTRITION per serving—Calories: 494, Carbohydrates: 29g, Fat: 28g, Protein: 29g, Sodium: 1616mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

35-45 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Not Spicy

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- Prepare a baking sheet with foil and cooking spray



1

Prepare the Ingredients

- Halve **green bell peppers** lengthwise and remove seeds and ribs.
- Stem **kale** and coarsely chop.
- On a separate cutting board, remove **Italian sausage** from casing.



2

Start the Peppers

- Place **green bell peppers** on prepared baking sheet, cut-side down, and spray with **cooking spray**.
- Roast in hot oven until tender and lightly browned, 16-18 minutes.
- While peppers roast, make filling.

Customize It Instructions

- If using **ground beef**, follow same instructions as Italian sausage in Step 3, breaking up meat until no pink remains and beef reaches a minimum internal temperature of 160 degrees, 4-6 minutes.
- If using **ground turkey**, follow same instructions as Italian sausage in Step 3, breaking up meat until no pink remains and turkey reaches a minimum internal temperature of 165 degrees, 7-9 minutes.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



3

Make the Filling

- Place a medium non-stick pan over medium-high heat. Add **Italian sausage** to hot pan. Stir occasionally, breaking up meat, until browned and sausage reaches a minimum internal temperature of 160 degrees, 4-6 minutes.
- Add **kale** and stir often until wilted, 1-2 minutes.
- Add **marinara sauce** and stir until warmed through and combined, 30-60 seconds.
- Remove from burner and stir in **cream cheese** until melted and combined.



4

Finish the Peppers

- Carefully, flip **roasted peppers** cut-side up. Divide **filling** evenly between each pepper and top with **mozzarella**.
- Roast again until cheese melts, 8-10 minutes.



5

Finish the Dish

- Plate dish as pictured on front of card. Bon appétit!