

# Chicken Sausage Stuffed Peppers

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



## YIELD

100 servings (1 pepper half)

## MENU FIT/DAYPART

Lunch

## COMPONENTS

0.75 oz eq M/MA  
7/8 cup other vegetable  
1 oz eq grain

## DIFFICULTY

Easy

## ALLERGENS

dairy

## INGREDIENTS AND PREPARATION

**6 pounds Gold Kist Fully Cooked Chicken Sausage Patties (6390), thawed and chopped fine**  
**1/2 cups olive oil, divided**  
**4 pounds zucchini, diced**  
**6 pounds yellow onion, diced**  
**1/2 cup garlic, minced**  
**salt and pepper, to taste**  
**3 cups Parmesan cheese, grated**  
**12 quarts (15 4/5 pounds) brown rice, cooked (about 173.8 cups)**  
**50 each, large bell peppers (any color), halved lengthwise, seeds and ribs removed.**

1. Preheat oven to 350°F.
2. In a tilt skillet, heat 1/2 cup olive oil. Add zucchini, onion, and garlic. Season lightly with salt and pepper and cook until vegetables are tender, about 8 minutes.
3. Add zucchini mixture to bowl along with sausage, cheese, and rice. Stir to combine.
4. Spray a rimmed baking sheet with cooking oil. Arrange bell peppers, cut side up. Divide rice mixture among peppers. Bake until peppers are tender, about 30 minutes. Serve warm.

*Serving Suggestions:* Serve with a whole wheat roll, a green salad, apple slices and milk.

Nutrition Facts	
Serving Size (185g) (1/2 pepper)	
Amount Per Serving	
<b>Calories 170</b>	<b>Calories from Fat 45</b>
	<b>% Daily Value*</b>
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol 35mg</b>	<b>12%</b>
<b>Sodium 290mg</b>	<b>12%</b>
<b>Total Carbohydrate 22g</b>	<b>7%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 3g	
<b>Protein 10g</b>	
<b>Vitamin A 4%</b>	<b>Vitamin C 60%</b>
<b>Calcium 4%</b>	<b>Iron 4%</b>
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4



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