

# Fall Stuffed Pep-O-Lanterns (Whole30, Paleo)

[www.EatCleanDragQueen.com](http://www.EatCleanDragQueen.com)

---

Happy Halloween! I've been obsessed with the Jack-O-Lantern Stuffed Pepper trend ever since I first seen it a few years back, so this Halloween I knew I had to hop on board! I stuffed these "Pep-O-Lanterns" with a mixture of Turkey, Sweet Potatoes, Peas, and lots of Fresh Herbs & Spices!

This dish combines the flavors of Fall with the festiveness of Halloween and I'm totally here for it! It's also loaded with Protein and super low on Fat, so you can save your calories here and indulge a little extra on some Halloween candy tonight 😊 Please be safe & smart if you plan on going out tonight! 🧛

## INGREDIENTS:

---

- 2 Lbs Ground Turkey
- 3 Medium Sweet Potatoes, shredded
- 10 oz Bag Sweet Peas, cooked according to directions on bag
- 8 Orange Bell Peppers
- 2 Tbsp Rosemary, chopped fine
- 2 Tbsp Thyme, chopped fine
- 2 Tbsp Sage, chopped fine
- 1 Tbsp + 1 Tbsp Cooking Oil
- 1 Tbsp Poultry Seasoning
- Salt & Pepper to Taste
- Unsweetened Dried Cranberries, for garnish

## INSTRUCTIONS:

---

1. Preheat oven to 350F and line a baking sheet with parchment paper.
2. Add 1 Tbsp Cooking Oil to a large skillet and heat over medium/high. Add Ground Turkey, Rosemary, Thyme, Sage, Poultry Seasoning, Salt & Pepper, then cook until Turkey is browned, stirring often.
3. Once Turkey is cooked, remove from skillet and set aside for later use. In that same skillet, add 1 Tbsp Cooking Oil and place on medium heat. Add shredded Sweet Potatoes and cook for 7-10 minutes or until tender.

4. Add your peas to the same skillet, mix well, then remove from heat. Place Ground Turkey and Veggie Mixture in a large bowl and combine everything evenly together. Season with additional Salt & Pepper.
5. Remove tops & seeds from Peppers. Using a small knife, carve a jack-o-lantern face into each pepper and save the tops for later use. Spray peppers lightly with cooking oil and season with Salt & Pepper.
6. Stuff each Pepper with a hearty portion of your Ground Turkey mixture and place in the oven for 30 minutes, placing the tops right next to each pepper.
7. Remove from oven, garnish with Dried Cranberries, and Dig In!

***MAKES 8 SERVINGS !***

---

