Stuffed Bell Peppers

3 large bell peppers (any color)
½ pound ground turkey
¼ cup chopped white onion
1 12 oz. can diced tomatoes
1 small can green chilies
¼ cup cooked brown rice
½ tsp. salt
½ tsp Worcestershire sauce
½ cup reduce fat shredded cheddar cheese

Cut tops from bell peppers, discard seeds and membranes. Chop remaining pepper off tops and set aside. Cook the whole bell peppers, uncovered, in boiling water for 6 minutes, top side down and flip half way. Sprinkle inside of cooked peppers with a touch of salt, set aside to be filled later. In a skillet cook ground turkey, onion, and remaining chopped peppers till meat is browned and veggies are tender. Add undrained tomatoes, cooked brown rice, green chilies, salt, pepper, and Worcestershire. Let cook for 5 minutes or until heated. Stir in cheese and stuff peppers with meat mixture. Place in baking dish at 350 degrees for 15 minutes.