

1 lg sweet red pepper
1 cup finely chopped chicken *
1 tablespoon sesame oil
1 cup cooked regular rice
1 clove garlic -- minced
1/2 cup frzn english peas -- thawed
1 teaspoon minced fresh gingerroot
egg -- beaten
1/2 cup finely chopped carrots
1 tablespoon plus 1 1/2 t soy sauce
1/4 cup thinly sliced green onions
1/8 teaspoon salt

* 1 cup finely chopped, cooked Chicken Breast (skinned before cooking) Cut a 1/2" thick slice from the side of each pepper, reserving slices; remove seeds. Place peppers in boiling water, boil 5 minutes. Drain, set aside. Coat a large skillet or wok with Pam; add sesame oil, and place over med heat until hot. Add garlic and gingerroot; stir fry 30 seconds. Add carrots and green onions; stir fry 2 minutes more. Remove from heat. Add chicken and remaining ingredients, stirring well. Spoon 3/4 cup mixture into each reserved pepper. Top with reserved pepper slices. Arrange peppers, cut side up, in a 10x6x2" baking dish. Cover and bake 350 deg F for 30 minutes or until thoroughly heated. PER SERVING: 231 calories, 16.4 g protein, 6.7 g fat, 25.7 carbohydrates 98 g cholesterol, 3.1 mg iron, 366 mg sodium, 37 mg calcium. Converted by MMCONV vers. 1.00