

RECIPE | PEPPER

STUFFED & ROASTED BELL PEPPERS



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INGREDIENTS

6 Pure Flavor® Sweet Bell Peppers, color of your choice, deseeded with tops removed	½ cup freshly grated Parmesan cheese
1 Pure Flavor® Bell Pepper, chopped, for filling	2 cups Shredded Kale
2 cloves garlic, minced	1 medium onion, chopped
¾ cup cooked brown rice, follow package directions	1 tablespoon lemon juice
	2 tablespoons pine nuts
	¼ teaspoon salt
	Freshly ground pepper, to taste

DIRECTIONS

1. To prepare peppers: Preheat oven to 400°F. Lightly brush the peppers outside and inside with oil; sprinkle the insides with salt and pepper. Place cut-side down, in a 9-by-13-inch baking dish. Bake until peppers are just tender, 10 to 15 minutes. Turn cut-side up.
2. To prepare filling: Bring 2 cups salted water to a boil in a large wide pan. Stir in kale, cover and cook until tender, 10 to 12 minutes. Drain, rinse under cold water; squeeze dry. Finely chop.
3. Heat oil in a large nonstick skillet over medium heat. Add onion and chopped bell pepper; cook, stirring often, until onion is golden, 6 to 8 minutes. Add garlic and cook, stirring, for 30 seconds. Stir in the kale. Remove from the heat and let cool slightly. Stir in rice, Parmesan, and lemon juice. Season with salt and pepper. Divide the filling among the pepper halves. Sprinkle with 2 tablespoons pine nuts.
4. Add 2 tablespoons water to the baking dish. Cover the peppers with foil and bake until heated through, 15 to 20 minutes. Uncover and bake for 5 minutes more. Serve hot.



TOTAL TIME

1 hour 15 minutes

PREP TIME

15 minutes

SERVES

4-6

COOKING LEVEL

Easy