

RECIPE | PEPPERS

MEDITERRANEAN STUFFED PEPPERS



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Recipe created by *Stacie Zollars*



35 min

10 min
PREP.

25 min
COOKING



3



easy

INGREDIENTS

For the peppers:

- 3 ct** Pure Flavor® Sweet Bell Peppers, halved and seeded
- 1 dry pint** Pure Flavor® Sangria® Medley Tomatoes, halved
- 3** cloves garlic, minced
- 1 cup** quinoa, cooked
- ½ cup** kalamata olives, pitted & halved
- ½ cup** feta cheese, crumbled
- ¼ cup** pine nuts
- 2 tbsp** olive oil
- 1 tbsp** dried oregano
- ½ tsp** Italian seasoning
- Fresh dill, for garnish

For the pesto:

- 1 cup** fresh basil
- ½ cup** olive oil
- ¼ cup** pine nuts
- ¼ cup** Parmesan cheese
- 1 tbsp** cashews
- ½ tsp** lemon juice

DIRECTIONS

- 1 Preheat oven to 400°F.
- 2 Combine pesto ingredients in food processor and blend until almost smooth.
- 3 Mix garlic, oil, oregano, and Italian seasoning together in a small bowl.
- 4 Rub the olive oil mixture onto the inside & outside of each pepper half and place in 9 x 13 baking pan. Bake for 25 minutes.
- 5 Mix together quinoa with tomatoes, olives, pine nuts, feta, and dill.
- 6 Spoon quinoa mixture onto each pepper and then top with pesto.
- 7 Garnish with fresh dill and serve warm.