



RECIPE | PEPPERS

MEDITERRANEAN STUFFED PEPPERS



35 min

10 min
PREP.

25 min
COOKING



3



easy

INGREDIENTS

Recipe created by *Stacie Zollars*

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 tbsp 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.