

RECIPE | PEPPERS

VEGETARIAN STUFFED MINI PEPPERS



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INGREDIENTS

- 1 lb Pure Flavor® Aurora Bites Mini Sweet Peppers, seeded and halved
- 1 large sweet potato, cubed
- 1 15 oz can chickpeas, drained and rinsed
- ¼ cup kale, chopped
- ½ tsp cumin
- 2 tbsp Greek yogurt
- 1 tbsp red chili flakes
- 1 pinch salt and pepper, to taste

DIRECTIONS

1. Preheat oven to 375°F.
2. Place sweet potatoes in a large saucepan, add enough water to cover and simmer over medium-high heat. Reduce the heat and simmer until the potatoes are tender - about 10 minutes. Drain well and mash until smooth.
3. Toss chickpeas in olive oil and cumin, and season with salt and pepper, to taste. Spread on a baking sheet and bake for 15-20 minutes until crisp, shaking the pan after 10 minutes.
4. Fill peppers with sweet potato and top with chickpeas.
5. Garnish with kale and chili flakes, and drizzle with Greek yogurt. Season with salt and pepper, to taste.



TOTAL TIME

40 minutes

PREP TIME

10 minutes

COOK TIME

30 minutes

SERVES

4

COOKING LEVEL

Easy