

# Kasha with Bell Pepper Confetti

From the National Heart, Lung, and Blood Institute's Keep the Beat  
<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=0&cld=8&rlid=61>

## Ingredients

- 2 tsp olive oil
- ½ C onion, diced
- ¼ C red bell pepper, rinsed and diced
- ¼ C green bell pepper, rinsed and diced
- ¼ C yellow bell pepper, rinsed and diced
- 1 can (14½ oz) low-sodium chicken broth
- ¾ C kasha
- ¼ tsp dried oregano
- ½ tsp salt
- ¼ tsp ground black pepper
- ¼ tsp ground black pepper

## Instructions

1. Heat oil in a 4-quart saucepan over medium heat. Add onion. Cook for 5 minutes, stirring occasionally.
2. Add bell peppers to saucepan. Cook and stir for 2 minutes. Remove vegetables from pan and set aside.
3. Add chicken broth to saucepan. Cover. Bring to a boil over high heat.
4. Stir in kasha. Reduce heat to medium-low. Cover. Simmer for about 10 minutes, until kasha is cooked and liquid is absorbed.
5. Stir in peppers and onion mixture, oregano, salt, and pepper. Heat for 1 minute. Serve immediately.

**Makes 4 serving**

## Nutrition information per ½ serving

Calories: 144	Dietary Fiber: 4 g
Total Fat: 3 g	Sodium: 303 mg
Saturated Fat: .5 g	Protein: 4 g
Cholesterol: 0 mg	Carbohydrates: 27 g