

# **Vegetarian Stuffed Peppers**

From the USDA SNAP-Ed Recipe Finder

<http://recipefinder.nal.usda.gov/recipes/vegetarian-stuffed-peppers>

## **Ingredients**

- 4 bell peppers (red or green)
- 2 cup cherry tomatoes
- 1 medium onion
- 1 cup basil leaves (fresh)
- 3 garlic cloves
- 2 tsp. olive oil
- ¼ tsp. salt
- ¼ tsp. pepper

## **Instructions**

1. Preheat oven to 425 degrees Fahrenheit. Lightly oil a large shallow baking pan.
2. Cut peppers in half lengthwise and remove seeds. Arrange peppers cut sides up in baking pan and lightly oil cut edges of stems.
3. Halve cherry tomatoes and chop onion and basil. Finely chop garlic.
4. In a bowl toss tomatoes, onion, basil, garlic, olive oil. Salt and pepper to taste.
5. Spoon equal portions of mixture into peppers and roast in upper third of oven until peppers are tender, about 20 minutes.

*Makes 8 servings*

## **Nutrition information per serving:**

Calcium	4% DV
Calories	40
Carbohydrate	7 g
Dietary Fiber	2 g
Protein	1 g
Total Fat	1 g
Saturated Fat	0 g
Sodium	95 mg
Vitamin A	15% DV
Vitamin C	110% DV



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