

Vegetarian Stuffed Peppers

Ingredients:

- 4 red or green bell peppers
- 2 cups cherry tomatoes
- 1 medium onion
- 1 cup fresh basil leaves
- 3 garlic cloves
- 2 teaspoons olive oil
- ¼ teaspoon salt
- ¼ teaspoon pepper

Preparation:

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

Yields 8 (½ pepper) servings

Nutritional Information Per Serving: 40 calories, 1g protein, 7g carbohydrate (2g fiber), 1g fat, 0mg cholesterol, 75mg sodium

Source: U.S. Department of Agriculture

