

Stuffed Peppers

Ingredients

- 4 bell peppers
- 2 cups cherry tomatoes
- 1 cup fresh basil leaves
- 3 cloves garlic, minced
- 2 tsp extra virgin olive oil
- $\frac{1}{4}$ tsp salt
- $\frac{1}{4}$ tsp black pepper
- Cooking spray

Directions

1. Preheat oven to 425°F. Lightly spray baking dish with cooking spray.
2. Remove stem, clean out seeds, and cut peppers in half lengthwise.
3. Cut cherry tomatoes in half. Coarsely chop basil.
4. In a bowl, whisk together garlic, olive oil, and salt and pepper. Add cherry tomatoes and toss to coat.
5. Spoon equal amounts of the mixture into peppers. Place in upper third of oven. Roast for 20 minutes or until peppers are tender.

Handling & Storage

Bell peppers should have a thick, firm, and bright glossy skin no matter what color. Avoid peppers that are shriveled or have soft spots.

Refrigerate bell peppers in a plastic bag and use within 5 days.

Before using, wash and remove the stem and seeds. When chopping peppers, keep the inside of the pepper facing up against the knife blade.

Nutritional Information

Calories: 40

Total Fat: 1.5 g

Saturated Fat: 0.2 g

Trans Fat: 0.0 g

Cholesterol: 0 mg

Sodium: 78 mg

Total Carbohydrates: 6.8 g

Dietary Fiber: 1.4g

Sugars: 4.2 g

Protein: 1.2 g

Serves: 8