

Vegetarian Stuffed Peppers

Vegetarian

Preparation Time: 30 minutes
Number of Servings: 8
Cups of Fruits and Vegetables
Per Person: 0.75

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

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

Amount Per Serving: Calories* 40, Calories from Fat 10
% Daily Value (DV)*

Total Fat:	2g	2%	Sodium:	80mg	3%
Saturated Fat:	0g	0%	Cholesterol:	0mg	0%
Trans Fat:	0g	0%	Carbohydrate:	7g	2%
Protein:	1g				

* Percent Daily Values are based on a 2,000 calorie diet.



excellusbcs.com