



## couscous & herb stuffed peppers

Get ready to stuff your face with these healthy, delicious and vegetarian Couscous & Herb Stuffed Peppers. Filled to the top with tender couscous, tangy Feta cheese, savory sun-dried tomatoes and fresh herbs, this meal-in-a-pepper is a perfect midweek meal.

SERVES: 4



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## ingredients

- 4 peppers (any colors), tops cut off, stemmed and seeded
- 2 cups cooked Israeli couscous
- 1 cup fresh or defrosted frozen peas
- ½ cup crumbled Feta cheese
- 2 tbsp chopped oil packed sun-dried tomatoes
- 2 tbsp chopped fresh flat-leaf parsley
- 2 tbsp chopped fresh mint
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 tsp honey
- ½ tsp kosher salt
- ¼ tsp ground cumin
- ¼ tsp crushed red pepper flakes
- ¼ cup crumbled Feta cheese

## directions

1. To blanch the peppers, bring a large pot of salted water to a boil. Add peppers and cook for 3 minutes. Drain well. Place peppers upright in a 9-inch baking dish. Preheat oven to 350°F.
2. In a large bowl, combine couscous, peas, ½ cup Feta cheese, sun-dried tomatoes, parsley, mint, olive oil, lemon juice, honey, salt, cumin and red pepper flakes. Mix well and divide filling among peppers. Top with ¼ cup crumbled Feta cheese and bake for 20 minutes to heat through.

