



STUFFED GREEK PEPPERS

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Delicious and healthy. Easy to make. Great for parties, because each person can grab a single serving

DIRECTIONS:

INGREDIENTS:

4 large red, or yellow peppers

3/4 cup kraft greek with feta & oregano dressing

1&1/2 cup instant white rice

1 can chick peas

1/2 cup feta cheese

1/4 cup chopped fresh parsley

3 green onions, finely chopped

2 tbsp. fresh lemon juice

1. Preheat oven to 400. Cut peppers lengthwise in half. Remove and discard seeds. Brush peppers lightly
2. with salad dressing. Place in a shallow pan. Bake for 20 minutes or until pepper is tender crisp. Cook rice as directed on package. Add chick peas, cheese, parsley, and onions, mix lightly.
3. Cook on medium heat for 5 minutes stirring frequently. Stir in 1/2 cup of dressing and lemon juice.
4. Spoon mixture evenly into pepper halves. Bake 5 minutes or until filling is heated through. Serve warm.
5. ENJOY!