

# *Easy Weeknight Stuffed Peppers*

## Nutritional Highlights

- The rice and chicken in these peppers provide whole grains and protein for a filling dinner.
- Fresh herbs and lemon juice add flavor to this dish without adding a lot of salt.
- Servings: 4

## Ingredients

- 4 large red bell peppers
- Olive oil spray
- 1 1/2 cups cooked rice blend
- 1/3 cup chopped fresh flat leaf parsley
- 3 Tbsp chopped fresh mint
- 1 Tbsp chopped fresh oregano
- 1 Tbsp olive oil
- 1 Tbsp lemon juice
- 1/4 tsp kosher salt
- 1/2 tsp ground cumin
- 1/4 tsp red pepper flakes
- 2 cups chopped cooked chicken
- 1.5 oz crumbled goat cheese (about 1/3 cup)

## Directions

- Preheat broiler to high.
- Cut off top third of each bell pepper (keeping stem intact). Remove seeds and membranes from peppers. Reserve tops for later use.
- Arrange peppers on prepared baking sheet lined with parchment paper and coat with olive oil spray. Broil 4 minutes, turn the peppers over, then broil for 4 more minutes until peppers start to char.
- When peppers are done broiling, set oven to 350F.
- In a large bowl, prepare the filling by combining the remaining ingredients.
- Place broiled peppers in a deep baking dish, cut sides up, and stuff each pepper with 3/4 cup of the filling mixture. Top peppers with reserved tops.
- Bake 10 minutes, then broil for 2 minutes to char the tops.