

# Stuffed Sweet Peppers

## Heart Health

**Items Needed:** food processor, baking pan, spoon.

**Makes:** approx. 15 whole peppers or 30 halves

### Ingredients:

- 1 can of cannellini beans rinsed and drained
- 1 lb of mini sweet peppers
- 4 oz of goat cheese
- ¼ cup grated parmesan cheese
- Your choice of fresh herbs: I like Italian herbs like oregano, parsley and thyme for this, but you could also use chives or green onions.
- 2 cloves of garlic, minced.
- 2 tsp olive oil
- Salt and pepper to taste.

### Directions:

1. Preheat your oven to 425 degrees.
2. Rinse and drain the beans, clean your peppers by rinsing and drying and then slicing in half. You can choose to leave the tops from your peppers off or you can keep them on for ease of grabbing.
3. In a mixing bowl, add 2 tsp of oil, and toss the sliced peppers in the oil, lay them out on a baking sheet to be filled with the cheese blend.
4. In a food processor, add your herbs, garlic and cheese, a pinch of salt and pepper and puree until well mixed together. Add the beans and pulse until you have a rough mixture or until desired texture is reached (if you like a creamy filling, puree longer.)
5. Place cheese mixture in a Ziploc bag and cut the tip from one corner. Pipe the mixture into the peppers.
6. Bake at 425 degrees for 10-15 minutes or until they start to caramelize on top.

### Nutrition Information (per 2 pepper halves):



Calories: 64 Fat: 2.5 g Carbs: 6.8 g Protein: 3.1 g Fiber: 1.7 g Sodium: 150 mg

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