



From the kitchen of:
Blue Zones Project®

Greek Orzo-Stuffed Peppers

Ingredients:

- 4 yellow, orange, and/or red bell peppers
- ½ cup whole-wheat orzo
- 1 15-ounce can chickpeas, rinsed
- 1 tbsp. extra-virgin olive oil
- 1 medium onion, chopped
- 6 ounces baby spinach, coarsely chopped
- 1 tbsp. chopped fresh oregano, or 1 teaspoon dried
- ¾ cup crumbled feta cheese, divided
- ¼ cup sun-dried tomatoes, (not oil-packed), chopped
- 1 tbsp. sherry vinegar, or red-wine vinegar
- ¼ tsp. salt

Directions:

Halve peppers lengthwise through the stems, leaving stems attached. Remove seeds & white membrane. Place peppers cut-side down in dish. Add ½ inch water, cover & microwave on High until peppers are just softened, 7–9 min. Let cool slightly, drain & set aside. Meanwhile, bring large saucepan of water to boil. Add orzo & cook until just tender, 8–10 min. Drain & rinse with cold water. Mash chickpeas into a chunky paste with a fork, leaving some whole. Heat oil in large nonstick skillet over medium heat. Add onion and cook, stirring, until soft, about 4 minutes. Add spinach & oregano & cook, stirring, until the spinach is wilted, ~1 min. Stir in orzo, chickpeas, ½ cup feta, tomatoes, vinegar, & salt; cook until heated though, ~1 min. Divide filling among the pepper halves & sprinkle each pepper with some of the remaining ¼ cup feta.

Source: EatingWell.com

Yields: Serves 4

Per Serving: 344 calories, 11 g. fat, 656 mg. sodium, 11 g. fiber, 14 g. protein

