



Lentil Stuffed Grilled Peppers

4 servings

30 minutes

Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 1 Yellow Onion (diced)
- 2 cups Portobello Mushroom (chopped)
- 1 cup Cherry Tomatoes (halved)
- 1 tbsp Tamari
- 2 cloves Garlic (minced)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1/4 tsp Cayenne Pepper (optional)
- 1/4 cup Basil Leaves (chopped)
- 2 cups Baby Spinach (chopped)
- 4 Red Bell Pepper
- 1/2 cup Feta Cheese (crumbled)
- 2 cups Green Lentils (cooked, drained and rinsed)

Nutrition

Amount per serving	
Calories	256
Fat	7g
Carbs	36g
Fiber	13g
Sugar	12g
Protein	16g

Directions

- 1 Heat olive oil in a skillet over medium heat. Add onion, mushrooms, cherry tomatoes and tamari. Saute for 5 minutes or until onion is translucent. Add in minced garlic, sea salt, black pepper and cayenne and saute for another minute. Stir in basil and spinach just until wilted and then remove from heat. Set aside to cool while you prep the red peppers.
- 2 Chop the stem and top off of the peppers and carve out the seeds.
- 3 Add the lentils and feta cheese into the skillet with the vegetables and stir well to evenly distribute. Use a spoon to pack this vegetable mix into the red peppers. Place the peppers on a baking sheet.
- 4 Heat the oven to 425°F (218°C). Bake stuffed peppers in the oven for 20 minutes. Remove, drizzle with a bit of olive oil and serve. Enjoy!

Notes

Vegan: Leave out the feta and use chopped cashews instead.

No Feta: Use crumbled goat cheese instead.

No Oven: Make them on the grill instead. Preheat the grill over medium heat. Grill the stuffed peppers for 20 minutes.

Stress-Busting Legumes & Peppers: Packed with loads of nutrients known to support adrenal glands, this recipe is a top stress-busting one to incorporate.