

Mediterranean Stuffed Peppers

Ingredients

Couscous:

- 1 cup pearl couscous
- ¼ cup chicken stock
- 2 tablespoons olive oil

Stuffed Peppers:

- ½ pound ground lamb
- ½ cup small onion, diced
- ½ teaspoon garlic, minced
- 2 tablespoons olive oil
- 2 tablespoons parsley, chopped
- ½ teaspoon ground fennel
- ½ teaspoon ground coriander
- ¼ teaspoon black pepper
- ¼ teaspoon kosher salt
- 4 sweet bell peppers, top cut off with seeds removed

Instructions

Couscous:

1. Boil chicken stock, add couscous, reduce heat to a simmer and cook on very low for 8 minutes.
2. Take off heat and let rest, covered, for 10 more minutes.
3. Pour out of pot, fluff and toss with olive oil. Set aside.

Stuffing:

1. Preheat oven to 400 degrees.
2. Sauté onion in two tablespoons of olive oil over medium heat until translucent. Add garlic and cook, stirring for 30 seconds. Add lamb, ground fennel, coriander, salt and pepper. Cook over medium-high heat until thoroughly brown.
3. Combine lamb mixture, couscous and parsley. Salt to taste. Stuff inside sweet bell peppers, and place upright on a cookie sheet.
4. Bake for approximately 20 minutes.

Nutrition Facts (per serving): Calories – 370, Fat – 12g, Dietary Fiber – 3.0g, Protein – 22.7g, Vitamin A – 78%, Vitamin C – 260%, Iron – 11%.

