

Lentil Stuffed Roasted Peppers



Appetizer	Servings: 4	Allergens: dairy
Prep time: 20 mins.	Cook time: 25 mins.	Total time: 45 mins.

INGREDIENTS

For lentil stuffed peppers:

- 1 cup lentils
- 4 small bell peppers
- 1 large tomato, diced
- 6 tablespoons Parmesan cheese, shredded
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- Salt & pepper (to taste)
- Crushed red pepper (optional)
- Fresh basil leaves (for garnish)

For sauce:

- 2 large whole tomatoes
- 3 cloves garlic
- 3-4 fresh basil leaves
- 1 tablespoon olive oil
- Salt & pepper (to taste)

DIRECTIONS

For Peppers:

1. Boil lentils until desired texture. Drain and season with salt and pepper.
2. Roast peppers whole then place in a bowl, covered for 5 minutes to loosen skin. Peel and set in an oven dish.
3. Mix lentils, 4 tablespoons Parmesan, diced tomato, garlic powder, onion powder, salt and pepper.
4. Stuff peppers with the lentil mixture and top with remaining Parmesan. Bake at 350°F for 10-15 minutes. Peppers are done when the internal temperature reaches 165°F.

For Sauce:

1. Oven roast the tomatoes, garlic, salt and pepper in the olive oil for 15 minutes at 350°F.
2. Add fresh basil leaves and puree.

SERVING

1. Spoon sauce onto plate and place peppers on top.
2. Garnish with basil leaves and crushed red pepper.