

Metamorphosis: Evolving From Sick to Fit

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Veggie Stuffed Peppers

These are easy to make and are so YUMMY! A healthy, colorful recipe to bring to a summer cookout or to a Holiday party!

Cook time 30 minutes, Prep time 15 minutes, Vegetarian

Nutrition information per serving (8 servings): Calories 145.8, Total Fat 10.7g, Saturated Fat 4.9g, Polyunsaturated Fat 0.6g, Monounsaturated Fat 4.7g, Cholesterol 25.3mg, Sodium 468.2mg, Potassium 251.5mg, Total Carbohydrate 8.4g, Dietary Fiber 2.3g, Sugars 0.9g, Protein 5.3g

Ingredients:

1 small red onion, peeled and cut into wedges

4 baby zucchini, halved and sliced

16 small cherry tomatoes cut in half

16 small black olives cut in half

8 oz feta cheese

1 tablespoon shredded basil

1 tablespoon parsley

1 teaspoon pepper

Olive oil

4 red peppers, halved, seeds removed

Directions:

Get a large bowl and mix the onion, zucchini, cherry tomatoes and black olives. Crumble over the feta and add the basil. Drizzle with olive oil and seasons. Stir till all vegetables are well covered with olive oil.

Divide mixture between the pepper halves and wrap each in tin foil. Arrange on a baking tray and cook in a 350 degree oven or on a rack over the barbecue until the vegetables are tender. (Times may vary depending on your heat source. Just keep an eye on them). Took about 30 minutes for me.

Note: You can add garlic cloves just mince and add to bowl with all the other vegetables.

Xoxo -Laurie