

Super Duper Veggie Pepper Pockets

By Lisa Sidorkewicz

This is an easy recipe that the whole family will enjoy...even the kids! It's super duper because it contains all four food groups, can be modified easily, can be made ahead of time, and is absolutely delicious. Substitute brown rice or bulgur if you don't have couscous.

Ingredients:

1 cup couscous, uncooked
4 bell peppers, preferably yellow, orange or red
1 tbsp olive oil
1 med onion, diced
1 med zucchini, diced
3 cloves garlic, chopped
½ 540 mL/19 oz. can chickpeas, drained and rinsed thoroughly
½ cup feta cheese, crumbled
2 tbsp chopped fresh cilantro
1 391 mL/14 oz. can tomato sauce

Directions:

1. Preheat oven to 350°F.
2. Prepare couscous as per package directions. Cover and set aside.
3. Wash peppers, cut off tops (creating a lid or a hat) and remove seeds.
4. In a medium saucepan heat olive oil over medium heat. Add onion, zucchini, and garlic and cook, stirring often, until softened, about 4 minutes. Set aside.
5. In a small bowl, combine couscous, chickpeas, feta cheese, and cilantro. Add 1 cup of the tomato sauce. Add onion and zucchini mixture and stir gently to combine.
6. Stuff peppers with the couscous vegetable mixture and top each with its lid. Place peppers in a casserole dish. Pour the remaining tomato sauce evenly over peppers.
7. Bake for 30 to 45 minutes or until peppers are softened.

Makes 4 servings.

Nutrition analysis per pepper: 480 calories, 12 g total fat, 5 g saturated fat, 0 g trans fat, 25 mg cholesterol, 1080 mg sodium, 71 g carbohydrate, 11 g dietary fibre, 14 g sugars, 19 g protein.

Nutrition Tips:

- To cut fat, use low-fat feta cheese.
- To lower salt, use a low-sodium tomato sauce and be sure to rinse the beans thoroughly.
- For more fibre and the benefits of whole grains, use whole wheat couscous.

Simply Delicious and Nutritious Vegetable & Fruit Recipe Contest Winner, 2007

