

Stuffed Sweet Pepper Ingredients

- 2 large red bell peppers
- 2 large yellow bell peppers
- 1 small red bell pepper, finely chopped
- 1 T olive oil
- 1 c coarse or medium [bulgur](#) (or 1 1/2 c cooked quinoa)
- 1/4 c dried [currants](#)
- 2 T pine nuts
- 2 t ground cumin
- 6 oz fresh baby spinach
- 3 T chopped fresh mint
- 3 T chopped fresh dill
- 1 c feta cheese, crumbled and divided (optional)

Boil 2 cups of water and 1 teaspoon of salt. Add bulgur, cover and let stand for 30 minutes. Strain.

Cut the 4 large bell peppers in half through the stem. Remove the seeds and stems.

Roast the peppers on a shallow baking pan covered with parchment, at 420 degrees, cut side down for 15 minutes, then cut side up for 15 minutes. After roasting, lightly spray the insides of the peppers with olive oil and sprinkle on a bit of salt and pepper.

Heat a tablespoon of olive oil in large skillet over medium-high heat. Add chopped red pepper. Sauté until tender, about 3 minutes. Add currants and pine nuts. Sauté 2 more minutes.

Add cumin, stir 20 seconds. Mix in spinach, stir for about 2 minutes or until the spinach begins to wilt. Remove from heat. Mix in strained bulgur, mint

and dill. Stir in half the feta. Season with freshly ground pepper. No salt is required if using feta.

Divide bulgur mixture among pepper halves. Top with remaining cheese. Serve warm or at room temperature. Can be made 1 day ahead. Cover and chill.