

# Greek Style Stuffed Peppers!

These are an easy, delicious and quick dinner to make that you can customize by adding more veggies, less veggies, another variety of protein or leftovers that are already in your fridge for your family to create your perfect meal! This recipe is wonderful because it is all up to you! The ingredients below are simply guidelines and ideas for you.

## INGREDIENTS:

2 Bell Peppers (any color)  
1/2 lb Extra Lean Ground Chicken  
1 tsp Extra Virgin Olive Oil  
1/4 cup Artichokes Marinated in Oil, diced  
1 Small Tomato, diced (1/4 cup)  
1/2 cup Cooked Quinoa  
1 Lemon, juiced  
2 tsp Crushed or Minced Garlic  
1 – 2 tsp Fresh Dill  
pinch of Salt & Pepper  
1/2 cup Shredded Part-Skim Mozzarella Cheese  
Tzatziki for dipping (optional)

## DIRECTIONS:

- i. Pre-heat oven to 350F.
- ii. On large cutting board slice bell peppers vertically, then gut of seeds. Transfer sliced peppers to oven-safe baking dish and cook for 20 minutes until just becoming tender – Set aside.
- iii. While peppers cook, in large skillet heat olive oil over medium flame before adding in ground chicken, cooking until no pink parts remain. Next, stir in all other ingredients except the cheese, then reduce flame to low and cover. Allow skillet to simmer for 5 minutes.
- iv. Add a shallow layer of water to baking dish with peppers. Spoon filling into each tenderized pepper, then top with mozzarella cheese. Return to oven for another 20 minutes until cheese has melted and peppers are bubbling – Immediately plate and serve, topping with additional dill and pairing with tzatziki if desired.