



QUICK STUFFED PEPPERS

adapted from Blue Apron Harissa-Honey Chicken recipe

SERVINGS: 2

INGREDIENTS

4 green peppers
8-10 oz chicken, cubed
1 tbsp Harissa paste or
tomato paste
1 onion
1 tbsp olive oil
1/2 cup yellow cous cous
2 tbsp salsa
1 cup black beans drained
water
Optional cheese garnish

DIRECTIONS

1. Preheat oven to 400 degrees. Prep peppers by cutting off tops at stem and setting aside. Remove ribs and seeds. Place the 4 whole peppers opening side up in a casserole dish filled with one inch of water. Heat peppers for about 10-15 minutes until gently softened. Set aside.
2. Make the mix but chopping tops of peppers (discard stems) and onions. Heat olive oil in skillet. Add onions, peppers, and chicken on high heat. Saute for about 2-4 minutes until browned. Then add black beans, salsa, paste, cous cous and about 1/2 cup of water. Stir until well mixed and remove from heat.
3. Spoon mixture into peppers and cook for about 15 minutes until warmed and cooked through. Can garnish with cheese as desired. Serve.

NUTRITION (1 SVG)

KCAL: 574

SATURATED FAT: 3 g

FIBER: 12 g

SODIUM: 356 mg

ADDED SUGARS: 0 g