

Veggie Stuffed Peppers



Ingredients:

- 4 bell peppers
- 2 cups cherry tomatoes, halved
- 1 medium onion, diced
- 1 cup fresh basil leaves, chopped
- 3 cloves garlic, minced
- 2 teaspoons canola oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Directions:

1. Preheat oven to 425 F. Prepare a glass baking dish with cooking spray.
2. Cut peppers in half lengthwise and remove seeds.
3. Arrange peppers, cut side up, in the prepared baking dish.
4. In a bowl, toss tomatoes, onion, basil, garlic, and olive oil.
5. Season to taste with salt and pepper.
6. Spoon the tomato mixture into the peppers and place baking dish onto the top rack of oven.
7. Bake until peppers are tender, about 20 minutes.

Makes 4 servings.



Tarrant County Public Health
<http://health.tarrantcounty.com>