

Orzo Stuffed Peppers

by: Meredyth Hite

www.MissionVegan.com

(makes 2 peppers)

1/4 cup orzo (dry)
2 large shallots, minced
1 clove garlic, minced
1 TB olive oil
1/4 cup roasted red peppers, chopped
1/4 cup artichoke hearts, chopped
1/4 cup olives, chopped (kalamata and green)
2 TB toasted pine nuts
1 TB basil, chopped
Juice and zest from one small lemon
2 bell peppers, any color

Preheat oven to 350 degrees. Half and clean bell peppers, then place in a baking dish and bake in the oven while you prepare the stuffing.

In a small pot, cook the orzo in boiling water per package directions. Meanwhile in a small skillet, sauté the shallot and garlic in the olive oil until softened. Remove from heat and mix in the roasted red peppers, artichoke hearts, olives, pine nuts, basil and lemon juice and zest. When orzo is fully cooked, mix that in as well. Taste and season with S&P. Stuff the mixture into the bell pepper halves, and then return them to the oven to finish cooking, about 10 minutes.