

Stuffed Greek Peppers



Ingredients

- 3 bell peppers, halved and seeded
- 1 cup dried orzo
- 3 cups baby arugula, chopped
- 1 Tbsp. olive oil
- ¼ cup crumbled feta cheese
- 14.5 oz. can fat-free, reduced sodium chicken broth
- 14.5 oz. can sodium-free diced tomatoes, drained
- 1 tsp. garlic powder
- 12 kalamata olives, diced

Directions:

1. Preheat oven to 400 degrees.
2. Place the peppers on an oven safe dish, sprinkle with salt and pepper.
3. Cook the orzo according to the package directions, substituting the chicken broth for half of the water.
4. Drain orzo and return to pot. Add the feta cheese, arugula, diced tomatoes, olive oil, garlic powder and olives. Mix well.
5. Scoop the orzo mixture into the peppers. Cover with foil and bake for 35-40 minutes, or until the peppers are tender.
6. Serve and enjoy!

*Yield 6 servings, serving size: 1 pepper. Calories: 177.
Fat: 5 g. Cholesterol: 2 mg. Sodium 456 g. Carbohydrates: 28 g.
Fiber: 3.3 g. Sugar: 6.5 g. Protein: 7 g.*

**These facts may vary based on size, amount, and brand use. This information is only a guide.*