



Vegetarian Pelau–Stuffed Peppers

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



316 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 medium bell pepper halved lengthwise seeded (any color)
- 1 cup pea-mond dressing frozen
- 8 servings pepper black freshly ground
- 1.5 pound butternut squash
- 3 tablespoons cilantro leaves fresh coarsely chopped
- 3 medium garlic clove finely chopped
- 1 tablespoon kosher salt as needed plus more
- 0.3 cup brown sugar light packed

- 0.3 cup juice of lime freshly squeezed (from 3 medium limes)
- 1 teaspoon lime zest finely grated
- 0.5 teaspoon oregano dried
- 2 cups spring onion thinly sliced (12 medium scallions)
- 1 teaspoon thyme leaves dried
- 1 medium tomatoes seeded cut into small dice
- 3 tablespoons tomato paste
- 1.5 cups coconut milk unsweetened
- 3 tablespoons vegetable oil
- 0.5 cup rice long-grain white

Equipment

- grill
- dutch oven
- peeler

Directions

- Prepare the squash: Peel off the skin with a vegetable peeler. Trim the top and bottom.
- Cut the neck from the bulb of the squash. Halve each piece lengthwise and scrape out the seeds.
- Cut the squash into 1/2-inch cubes and set aside (You will need about 2 cups. Save any remaining squash for another use.)
- Place 2 tablespoons of the oil in a Dutch oven or a large, heavy-bottomed pot over medium heat. When it shimmers, add the sugar and stir until incorporated. Cook, stirring occasionally, until the sugar dissolves and the mixture turns dark brown, about 5 minutes.
- Add the squash, 1 1/2 cups of the scallions, the garlic, and the measured salt; season with pepper; and stir to coat the squash. Cook until the squash has softened, about 4 minutes.
- Add the tomato, thyme, oregano, and tomato paste and stir to coat the squash.
- Add the coconut milk and stir to incorporate. Reduce the heat to medium low, cover with a tightfitting lid, and simmer until slightly thickened, about 10 minutes.

- Add the rice and black-eyed peas, stir to incorporate, cover, and cook, stirring occasionally, until the rice is done and the vegetables are tender, about 20 to 30 minutes. Meanwhile, heat a grill to medium low (about 325°F). Rub the outside of the peppers with remaining 1 tablespoon of vegetable oil and season both inside and out with salt and pepper.
- Remove the rice mixture from the heat and let it stand covered for about 5 minutes. Stir in the remaining scallions and the cilantro, lime juice, and lime zest. Divide the mixture evenly among the peppers (about 1/2 cup pelau per pepper half). Grill, covered, until the peppers are soft and just starting to char, about 30 minutes.

Nutrition Facts

PROTEIN 7.08%

FAT 43.84%

CARBS 49.08%

Properties

Glycemic Index:53.15, Glycemic Load:8.64, Inflammation Score:-10, Nutrition Score:25.142173850018%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 315.79kcal (15.79%), Fat: 16.4g (25.22%), Saturated Fat: 10.4g (65%), Carbohydrates: 41.29g (13.76%), Net Carbohydrates: 34.55g (12.56%), Sugar: 15.13g (16.81%), Cholesterol: 0mg (0%), Sodium: 940.61mg (40.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.96g (11.92%), Vitamin A: 11404.34IU (228.09%), Vitamin C: 106.62mg (129.24%), Vitamin K: 68.77µg (65.5%), Manganese: 1mg (50.25%), Folate: 123.6µg (30.9%), Fiber: 6.75g (26.99%), Potassium: 810.76mg (23.16%), Vitamin E: 3.25mg (21.64%), Vitamin B6: 0.42mg (21.12%), Magnesium: 78.69mg (19.67%), Copper: 0.34mg (16.96%), Iron: 3mg (16.66%), Phosphorus: 157.07mg (15.71%), Vitamin B1: 0.21mg (13.88%), Vitamin B3: 2.68mg (13.42%), Calcium: 95.26mg (9.53%), Selenium: 6.29µg (8.99%), Vitamin B5: 0.89mg (8.88%), Zinc: 1.18mg (7.84%), Vitamin B2: 0.12mg (7.17%)