



Vegetarian Stuffed Red Bell Peppers

READY IN



90 min.

SERVINGS



6

CALORIES



358 kcal

SIDE DISH

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 6 ounces fontina shredded
- ☐ 3 tablespoons basil fresh coarsely chopped
- ☐ 2 medium garlic clove finely chopped
- ☐ 0.8 cup regular couscous
- ☐ 6 servings kosher salt
- ☐ 3 tablespoons olive oil as needed plus more
- ☐ 1 cup onion yellow (from)
- ☐ 1.3 ounces parmesan cheese finely grated

- ☐ 3 pounds bell pepper red
- ☐ 1 tablespoon tomato paste
- ☐ 2 cups zucchini (from 2 medium zucchini)

Equipment

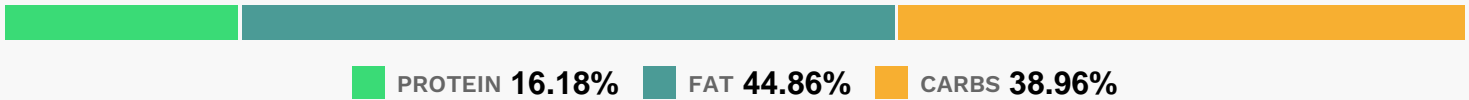
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ sieve
- ☐ toothpicks
- ☐ grill

Directions

- ☐ Bring a medium saucepan of generously salted water to a boil over high heat. Meanwhile, heat the measured oil in a large saucepan over medium heat until shimmering.
- ☐ Add the onion and garlic, season with salt and pepper, and cook, stirring occasionally, until beginning to soften, about 5 minutes. Increase the heat to medium high, add the zucchini, and season with salt and pepper. Cook, stirring occasionally, until browned in some spots and still crisp-tender, about 2 to 3 minutes.
- ☐ Add the tomato paste, stir to combine, and cook until the raw flavor has cooked out, about 1 minute.
- ☐ Remove the pan from the heat and set aside. When the water is boiling, add the couscous and cook until al dente, about 5 to 6 minutes.
- ☐ Drain in a fine-mesh strainer and then rinse under cold water until cool. Shake out any excess water and let the couscous drain in the strainer in the sink while you prepare the peppers, at least 10 minutes. Use a paring knife to cut a wide circle around each bell pepper stem (like when carving a jack-o'-lantern), so you end up with a cap that can be replaced once you've stuffed the peppers; be careful not to puncture or rip the peppers.
- ☐ Remove and discard any seeds and membranes from the cap and from the interior.
- ☐ Brush the insides of the peppers with oil and season the insides generously with salt and pepper.

- ☐ Transfer the drained couscous to a large bowl; add the reserved onion–zucchini mixture, cheeses, and basil; and stir to combine. Taste and season with salt and pepper as needed. Evenly divide the filling among the peppers. Replace the caps and press each cap into the filling. Pierce 3 toothpicks through each cap and out the sides of the pepper to secure the caps while on the grill. Set aside until ready to grill. (If you’re stuffing the peppers more than 30 minutes before grilling, cover and refrigerate them for up to 4 hours.
- ☐ Let the peppers sit at room temperature for at least 30 minutes before grilling so that they cook faster and more evenly.)
- ☐ Heat a charcoal or gas grill to medium (about 350°F to 450°F).
- ☐ Place the stuffed peppers on their sides and close the grill.
- ☐ Roll each pepper a quarter turn about every 7 minutes to cook all four sides. The peppers are finished once the filling is hot, the skins are well-charred, and the flesh is soft to the touch, about 30 minutes total grilling time.
- ☐ Remove the peppers to a serving platter, let cool for 5 minutes, and remove the toothpicks. If serving as a side dish, slice the peppers in half vertically.

Nutrition Facts



Properties

Glycemic Index:57.17, Glycemic Load:14.01, Inflammation Score:-10, Nutrition Score:25.384347858636%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.23mg, Quercetin: 6.23mg, Quercetin: 6.23mg, Quercetin: 6.23mg

Nutrients (% of daily need)

Calories: 358.21kcal (17.91%), Fat: 18.47g (28.42%), Saturated Fat: 7.53g (47.09%), Carbohydrates: 36.1g (12.03%), Net Carbohydrates: 29.23g (10.63%), Sugar: 12.47g (13.86%), Cholesterol: 38.02mg (12.67%), Sodium: 560.96mg (24.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.99g (29.99%), Vitamin C: 300.75mg (364.54%), Vitamin A: 7588.16IU (151.76%), Vitamin B6: 0.83mg (41.56%), Vitamin E: 4.88mg (32.52%), Folate: 126.69µg (31.67%), Manganese: 0.59mg (29.34%), Fiber: 6.87g (27.48%), Phosphorus: 258.74mg (25.87%), Calcium: 247.06mg (24.71%), Vitamin K: 22.68µg (21.6%), Potassium: 725.29mg (20.72%), Vitamin B2: 0.34mg (19.99%),

Vitamin B3: 3.33mg (16.65%), Zinc: 2.21mg (14.72%), Magnesium: 54.95mg (13.74%), Vitamin B1: 0.2mg (13.32%),
Vitamin B5: 1.26mg (12.56%), Selenium: 6.91µg (9.87%), Iron: 1.69mg (9.36%), Vitamin B12: 0.56µg (9.27%), Copper:
0.15mg (7.56%), Vitamin D: 0.2µg (1.33%)