

Baked Stuffed Bell Peppers

Prep Time: 10 minutes

Cooking Time: 30 minutes

Yields: 4 servings

Ingredients:

4 Bell peppers (green, red, or yellow)
2 Teaspoons Coconut oil
1 Onion, finely chopped
1-2 Cloves Garlic, finely minced
4 Celery stalks, finely chopped
1/2 Cup Parsley, chopped
2 Cups Cooked gluten free grain (brown rice, quinoa, millet)
1 Cup Shredded Almond cheese
2/3 Cup Crushed almonds or walnuts
Salt to taste

Directions:

Preheat oven to 350 degrees F.

Cut off tops of peppers and scoop out insides.

Sauté onion and garlic with oil for 1 minute. Add celery and sauté for 3 minutes. Mix the parsley, grain and almond cheese in a separate bowl. Add in the sautéed onion, garlic and celery. Fill each pepper with stuffing and top with crushed nuts.

Place in casserole dish with 1/8 inch water, bake in oven for 30 minutes and serve.