



Lentil Stuffed Red Peppers



| | |
|---------------|-------------------------------|
| Hands-on time | 20 min |
| Total time | 40 min |
| Category | main dish |
| Season | winter. summer. spring. fall. |
| Budget | \$\$ |



Jeanne

Recipe from livingplate.com

16 people ♥ this recipe

Servings 6

Ingredients

- 1/2 tablespoon olive oil
- 1 yellow onion, diced
- 2 cups Portobello mushrooms, chopped
- 1 cup cherry tomatoes, halved
- 1 tablespoon soy sauce (or alternative)
- 2 garlic cloves, minced
- 1/4 teaspoon sea salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon cayenne pepper, optional
- 1/4 cup basil leaves, chopped
- 2 cups baby spinach, chopped
- 4 red bell peppers
- 1 cup canned green lentils, drained and rinsed
- 1/2 cup raw walnuts, crushed

Directions

Prep:

1. Chop mushrooms, basil, and baby spinach.
2. Mince garlic, and dice yellow onion.
3. Halve cherry tomatoes.
4. Chop off the stem and top of the peppers, and carve out the seeds. You could also slice pepper in half lengthwise to create a "boat" as in photo.

Make:

1. Preheat the oven to 425 degrees.
2. Heat olive oil in a skillet over medium heat.
3. Add onion, mushrooms, cherry tomatoes, and soy sauce. Sauté for 5 minutes or until onion is translucent. Add in minced garlic, sea salt, black pepper and cayenne and sauté for another minute. Stir in basil and spinach just until wilted and then remove from heat.
4. Add the lentils and walnuts into the skillet with the vegetables and stir well to evenly distribute.
5. Use a spoon to pack this vegetable mix into the red peppers. Place the peppers in a baking dish or on a sheet if you are doing open-faced "boats."
6. Bake the stuffed peppers in the oven for 20 minutes. After 20 minutes, remove and let cool before serving.

Nutrition Info

Per Serving based on 6 servings
View by Ingredient

| | |
|----------|---------|
| Calories | 286 |
| Protein | 13.55 g |
| Fat | 10.57 g |
| Carbs | 37.3 g |
| Fiber | 9.35 g |
| Sugar | 9.2 g |

[Learn about how we calculate nutrition data](#)

Feedback on this recipe? Let us know
