Stuffed Red Peppers
Serves 6 as side dish, 3 as main dish

3 medium red bell peppers
3 Tablespoon extra-virgin olive oil, divided
Salt, to taste
Freshly ground pepper, to taste
1 small bunch kale, de-stemmed and cut in ⅛” ribbons (approximately 4 cups prepared)
1 cup diced onion
1 cup diced Roma tomato
1 clove garlic, minced
1 cup cooked short-grain brown rice
4 ounces smoked Gouda cheese, shredded
¼ cup toasted walnuts, rough chopped

Preheat oven broiler on high. Cut peppers in half lengthwise through the stems, leaving the stems attached. Remove the seeds. Lightly brush pepper halves inside and out with 1 tablespoon oil; sprinkle salt and pepper on the insides of the pepper halves. Place cut-side down on baking tray. Broil until pepper skins are well-browned and blistered, about 10 minutes. Remove from oven, place in a bowl, and cover with plastic wrap. Cool for 10 minutes. Carefully peel skin and remove stem. Place pepper halves upright on baking tray or work surface.

Heat 2 tablespoons oil in a large skillet over medium heat. Add onion and sauté for 5 minutes. Add garlic and cook, stirring, for 30 seconds. Add kale and toss until slightly wilted then remove from heat. Stir in rice, tomatoes and walnuts. Season with salt and pepper. Divide the filling among the pepper halves.

Preheat oven to 400°F. Add ¼ cup water to a baking dish; set the stuffed peppers in. Cover the dish with foil and bake for 15 minutes. Uncover, top with the cheese and bake for 5-7 minutes or until cheese is melted. Serve hot.

Recipe developed by Corporate Chef Kurt Kwiatkowski and featured in Residential Dining Services.