

# STUFFED RED PEPPERS

Smoky flavor of melted Gouda cheese pairs nicely with sweetness of red bell peppers in this main or side dish

**Chef Kurt Kwiatkowski adapted a recipe from [eatingwell.com](http://eatingwell.com)**

**Featured Food:** Red Peppers

**Yield:** serves 3 as main dish, 6 as side dish

## Ingredients

3 medium red bell peppers	1 c. diced Roma tomato
3 T. extra-virgin olive oil, divided	1 clove garlic, minced
Salt, to taste	1 c. cooked short-grain brown rice
Freshly ground pepper, to taste	4 oz. smoked Gouda cheese, shredded
1 small bunch kale, de-stemmed and cut in ½" ribbons (approximately 4 c. prepared)	¼ c. toasted walnuts, rough chopped
1 c. diced onion	

## Preparation

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.

*Executive Chef for MSU Culinary Services, Kurt Kwiatkowski, adapted this recipe from [eatingwell.com](http://eatingwell.com). The smoky flavor of Gouda cheese adds pizzazz and pairs well with the sweetness of tomatoes and peppers.*