



Grilled Stuffed Mini Peppers

Prep: 20 minutes

Grill: 5 minutes • Serves: 10

- 1 box (5.6 ounces) toasted pine nut couscous mix
- ½ cup finely chopped red onion
- ¼ cup chopped sun-dried tomatoes
- ⅓ cup crumbled goat cheese
- ¼ cup refrigerated basil pesto
- ½ (2-pound) bag tri-color mini peppers, halved lengthwise
- 1 teaspoon smoked paprika
- 1 teaspoon crushed red pepper flakes (optional)

1. Prepare couscous as label directs, adding onion and tomatoes to saucepan along with couscous; stir in cheese and pesto.

2. Prepare outdoor grill for direct grilling over medium-high heat. Evenly fill peppers with couscous mixture; sprinkle with paprika and pepper flakes, if desired. Place peppers, skin side down, on hot grill rack; cook, covered, 5 minutes or until peppers are heated through and grill marks appear. Makes 30 stuffed peppers.

*Approximate nutritional values per serving (3 stuffed peppers):
119 Calories, 5g Fat (1g Saturated), 5mg Cholesterol, 219mg Sodium,
16g Carbohydrates, 2g Fiber, 3g Sugars, 0g Added Sugars, 4g Protein*