

Garlic Couscous Stuffed Peppers

- Prep Time: 10 minutes
- Cook Time: 30 minutes
- Total Time: 40 minutes
- Servings: 8

Ingredients:

- Carlini Canola Cooking Spray
- 2 cups grape tomatoes, halved
- 3½ teaspoons Carlini Extra Virgin Olive Oil, divided
- Stonemill Iodized Salt, to taste
- Stonemill Ground Black Pepper, to taste
- 8 bell peppers, cut in half lengthwise and seeded
- 1¼ cups water
- 5.8 ounces Rice Bowl Roasted Garlic Couscous
- 6 ounces Tuscan Garden Large Pitted Ripe Olives, drained
- 4 ounces Happy Farms Preferred Feta Crumbles
- 2 tablespoons chopped parsley
- 3 cups Simply Nature Organic Baby Arugula

Directions:

1. Preheat oven to 400°. Coat a baking pan with cooking spray.
2. In a small bowl, combine the tomatoes with 1½ teaspoons olive oil. Season to taste with salt and pepper. Place on half of the baking pan.
3. Coat the bell peppers with canola cooking spray on each side. Season to taste with salt and pepper on each side. Place skin side up on the other half of the baking pan.
4. Bake for 20 minutes. Remove from oven.
5. In a medium saucepan, combine the water, remaining 2 teaspoons olive oil and the couscous seasoning packet. Bring to a boil, add the couscous. Stir and cover, remove from heat. Let sit for 5 minutes.
6. Uncover. Add the roasted grape tomatoes, olives, feta and parsley. Season to taste with salt and pepper. Toss until well combined.
7. Spoon the couscous mixture evenly into the bell peppers. Bake for 5 minutes. Remove, plate and serve with arugula.



Recipe Courtesy of:
ALDI Test Kitchen