



Vegan Mediterranean Stuffed Peppers (4 servings)

serving: 540 calories, 56g carbs, 11g fiber, 21g fat (3g sat fat, 0g trans fat), 40g protein



Ingredients

- 2 Tbsp extra virgin olive oil
- 1 oz diced yellow onion
- 1/2 oz diced garlic
- 1/4 C diced zucchini
- 1 lb vegan crumbles
- 1 oz sliced black olives
- 7 oz diced tomato
- 1 ½ C water
- 1/4 C tomato puree
- 1 C Israeli couscous
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 Tbsp chopped mint
- 2 bell peppers, halved and seeded
- 1 ½ oz shredded vegan mozzarella cheese

Directions

1. Preheat oven to 400 F
2. Heat oil over high heat. Cook onions until translucent, about 5 minutes. Add garlic and zucchini, cook for 5 minutes
3. Add vegan crumbles, olives, tomatoes, water, tomato puree, and couscous. Season with salt and pepper. Cover and simmer for 5 minutes. Stir in mint
4. Fill each pepper half evenly with couscous mix
5. Place pepper halves in a pan in a single layer. Cover tightly with foil
6. Bake until internal temperature reaches 165 F, about 25 to 30 minutes. Remove foil
7. Sprinkle vegan cheese evenly over peppers. Bake until cheese is melted, 5 to 10 minutes

