



Rainbow Bell Pepper Boats with Garbanzo Beans and Kale

Prep time: 1 hour

Makes: 4 Servings

Red, orange and yellow bell peppers stuffed with garbanzo beans, kale, walnuts and brown rice make a delicious Mediterranean-influenced vegetarian dish.

Ingredients

2 cups instant brown rice (cooked)

4 medium bell peppers (red, yellow, and orange)

2 cups kale (chopped)

1 can 15 oz garbanzo beans, unsalted

1/2 cup walnuts (chopped)

Nutrition Information

Nutrients	Amount
Calories	330
Total Fat	11 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	170 mg
Total Carbohydrate	48 g
Dietary Fiber	9 g
Total Sugars	6 g
Added Sugars included	0 g
Protein	11 g
Vitamin D	0 mcg
Calcium	78 mg
Iron	2 mg
Potassium	597 mg

N/A - data is not available

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■ Vegetables	3 1/2 cups
■ Grains	1 ounce
■ Protein Foods	1/2 ounce

1/4 teaspoon salt

1/8 teaspoon pepper

Directions

1. Preheat oven to 375 degrees.
2. Cook rice according to package directions.
3. Slice bell peppers in half vertically and remove seeds.
4. Reserve about half of garbanzo beans; mash remaining portion with a fork.
5. Mix rice with kale, garbanzo beans (mashed and whole), nuts, salt, and pepper.
6. Fill peppers with mix; place in baking dish and cover.
7. Bake about 30 minutes.
8. Remove lid and bake more 5 more minutes.

Source: Produce for Better Health