

Food Babe's Stuffed Red Peppers



Prep Time:	Cook Time:	Total Time:	Serves:
15 mins	45 mins	1 hr	1

<https://foodbabe.com/sprouted-lentil-stuffed-peppers>

Ingredients:

- 1 red bell pepper
- ¼ cup sprouted lentils, cooked
- 1 cup arugula
- 2 tablespoons white onions, chopped
- 1 garlic clove, minced
- 1 pinch red pepper flakes
- ½ ounce goat cheese
- ¼ cup tomato sauce

Instructions:

1. Preheat oven to 350° F.
2. Cut stem and top of red pepper off and discard seeds inside.
3. Place all other ingredients in bowl and mix.
4. Fill the red pepper with fillings – it's ok if it spills over into the dish.
5. Top off with extra tomato sauce if desired.
6. Bake for 35 – 45 minutes.
7. Remove from dish and serve.

Notes:

- Vegan: omit the cheese. Enjoy on a bed of quinoa or more fresh arugula.