Tomato Mac 'N Cheese Stuffed Peppers



What You'll Need

› 1 1/2 cups dry whole wheat or brown rice pasta (we suggest macaroni or fusilli)
› 2 1/2 cups grated cheddar cheese
› 1/3 cup grated parmesan cheese
› 1 1/2 cups fresh diced tomato
› 1 tsp Dijon mustard
› 1/2 cup milk
› sea salt & black pepper to taste
› 2 tbsp panko bread crumbs
› 3 bell peppers

Directions

1. Preheat the oven to 350 degrees F.
2. Cook the pasta as per the directions on the package. Rinse. Place in a bowl.
3. Add the cheeses (save some to put on top) and tomatoes.
4. Mix the Dijon and milk together. Add to the pasta.
5. Season with sea salt and pepper. Mix again. Set aside.
6. Cut off the tops of the peppers. Remove the seeds.
7. Spoon the pasta filling in the peppers, pressing down to fill the pepper as much as possible. Sprinkle the remaining cheese on top of each pepper and then top with Panko bread crumbs.
8. Place on a baking sheet and bake for 30 minutes. Serve.