Rainbow Bell Pepper Boats with Garbonzo Beans



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

Timing

Prep time	Total time	Skill level
30 mins	**1 hr**	**Easy**

What You'll Need

- Instant brown rice to make 2 cups, cooked
- 4 medium Red Sun Greenhouse grown bell peppers, red, yellow and orange
- 2 cups chopped kale
- 1 15-oz can garbanzo beans (chick peas), unsalted, drained
- ½ cup chopped walnuts ¼ tsp salt
- ? tsp pepper

Directions

1. Preheat oven to 375°F. Cook rice according to package directions.
2. Slice bell peppers in half vertically and remove seeds.
3. Reserve about half of garbanzo beans; mash remaining portion with a fork.

4. Mix rice with kale, garbanzo beans (mashed and whole), nuts, salt and pepper.
5. Fill peppers with mix; place in baking dish and cover.
6. Bake about 30 minutes.
7. Remove lid and bake 5 more minutes.