Kale & Bacon Stuffed Peppers



What You'll Need

› 2 large Red Sun Farms® bell peppers, seeded, cut in half lengthwise
› 1 tsp. olive oil
› ½ small onion, diced
› ½ medium Red Sun Farms® tomato, seeded, chopped
› 3 slices bacon, cooked, chopped
› 1 cup kale, tough stems removed, chopped
› 4 large eggs
› 2 Tbsp. 1% milk
› ½ cup lowfat shredded mozzarella cheese
› ½ cup salsa

Directions

1. Preheat oven to 350°F.
2. Arrange pepper halves in a 13x9-inch baking dish.
3. Heat oil in a skillet over medium heat; add onion and cook for 3 minutes. Add tomatoes, bacon, and kale, and cook for 2-3 minutes. Spoon vegetables into pepper halves.
4. Whisk eggs and milk in a small bowl until well blended. Pour evenly over vegetable mixture in pepper halves.
5. Bake 25-30 minutes. Remove from oven, top peppers with cheese, and return to oven. Bake 5 minutes, or until cheese is melted.
6. Top each pepper with 2 Tbsp. salsa.