



## Rainbow Bell Pepper Boats with Garbanzo Beans and Kale Recipe

**Make Half Your Plate Fruits & Veggies**

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

**Recipe Cost for 4 People:** \$10.54 (\$2.63/serving)\*

**Preparation Time:** 1 hour



- 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
- ⅛ tsp pepper

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

*Complete this Healthy Plate: Serve with an 8 oz glass of non-fat milk, red/purple grapes, and pita wedges.*

**Serves:** 4

### Fruits & Veggies per Serving

¾ Cup

### Nutrition Info

Calories: 330	Protein: 11g
Total Fat: 11g	Carbohydrates: 48g
Saturated Fat: 1g	Cholesterol: 0mg
% of Calories from Fat: 30%	Dietary Fiber: 9g
% Calories from Sat Fat: 3%	Sodium: 170mg

**Each serving provides:** An excellent source of protein, fiber, vitamin A, vitamin C, vitamin B6, folate, phosphorus, magnesium and copper, and a good source of thiamin, riboflavin, niacin, potassium, iron and zinc.