

Herbal Legacy Recipes

Bulgur-Stuffed Sweet Peppers

From 12 Steps to Whole Foods by Green Smoothie Girl Robyn Openshaw

INGREDIENTS:

- 1 C bulgur
- 1 C boiling water
- 1 ½ cups cooked chickpeas
- 2 Roma tomatoes, chopped
- 2 green onions, chopped (use most of the green part)
- 2 avocados, chopped
- 5 yellow, red or orange bell peppers, washed, cored, sliced in half

DRESSING:

- ¼ C fresh lime juice
- ¼ C extra virgin olive oil
- ½ tsp. sea salt
- Freshly ground pepper to taste
- ½ tsp. cayenne



DIRECTIONS:

1. Pour the bulgur into the boiling water, then remove from the heat and allow it to sit for 30 minutes.
2. Put the dressing ingredients in a mixing bowl and stir with a fork.
3. Add the cooked bulgur and all remaining ingredients except the peppers to the dressing mix.
4. Stuff the peppers halves with the bulgur mixture and serve.

Robyn's note: I like this recipe as a whole dinner, and I don't even make a salad to go with it because you get an entire bell pepper plus other raw veggies in one serving.

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