

# BROWN RICE AND FETA STUFFED PEPPERS

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## Ingredients

½ Cup Brown Rice, dry  
6 Anaheim or Poblano Peppers  
1 Cup Yellow Onion, diced  
1 Jalapeno, de-seeded & diced  
2 teaspoons minced Garlic  
1 teaspoon dried Oregano

## Directions

Bring a large pot of salted water to a boil and then cook Peppers for about 5 minutes to soften them.

Remove from water and let cool.

Meanwhile, cook Brown Rice according to packet directions- you will have about 1 - 1 ½ Cups cooked Rice.

Sauté Onions & Jalapeno over medium heat until lightly golden, about 6 minutes.

Add in Garlic, Rice, Oregano & Feta Cheese and stir over meat for a minute. Set aside.

Use a sharp knife to make an incision on one side of each Pepper from the stem to tip.

Use a small teaspoon to remove some of the seeds.

Stuff each with about a ¼ Cup of filling and place in an ovenproof dish. Sprinkle with Parmesan Cheese and bake for 20 minutes at 350F.