

# Mediterranean Stuffed Bell Peppers with Steel Cut Oats



## Ingredients

- 3 bell peppers, halved
- 3 tbsp extra virgin olive oil, divided
- 4 cloves garlic, minced
- Pepper and kosher salt
- 1/2 cup fresh parsley, chopped
- 3/4 cup Quaker® Steel Cut Oats - Traditional
- 1/4 cup pitted Kalamata olives
- 3 pepperoncini, chopped
- 3 tbsp pine nuts
- 1/2 cup crumbled Feta cheese
- 2 tbsp balsamic vinegar
- 1 cup cherry tomatoes, halved
- 1 cup fresh basil, chopped
- Crushed red pepper flakes
- 1 tbsp fresh lemon juice

## How to make it

1. Preheat oven to 400°F.
2. In a large baking dish toss the peppers with 1 tablespoon olive oil, garlic, and a pinch of salt and pepper.
3. Sprinkle with parsley.
4. Roast in the oven for 30-35 minutes until the peppers are beginning to char.
5. In a medium saucepan bring 3 cups of water to a boil and add steel cut oats.
6. Stir and reduce heat to low. Simmer for 20 minutes until oats are just beginning to bloom and al dente.

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	50 min	60 min	6

## Made with



**Quaker® Steel Cut Oats - Traditional**

7. We are slightly undercooking the oats in this recipe to retain a hearty texture and bite.
8. Strain remaining water off of the oats with a fine mesh strainer and place into a bowl. Allow to cool to room temperature.
9. Toss with olives, pepperoncini, pine nuts, Feta, and balsamic.
10. Mix tomatoes with basil, 2 tablespoons olive oil, red pepper flakes, lemon juice, and kosher salt to taste.
11. Stuff the warm peppers with the oat mixture and top with the tomato basil salad mix.