



Natural Life
Choices,™ Inc.

STUFFED PEPPERS WITH MUSHROOMS



INGREDIENTS:

- » 2 large desired- colored sweet peppers, halved lengthwise
- » 1 Tbsp olive oil
- » 8 oz cremini and/or button mushrooms
- » 1 cup chopped onion
- » 16-oz. baby spinach or baby kale, coarsely chopped
- » Salt, black pepper, chili flakes



PREPARATION:

Preheat oven to 400°F. Remove seeds and membranes from sweet peppers. Put the pepper halves, cut sides up in a baking dish. Heat oil in a frying pan and then add onion and mushrooms and cook and stir for 5 to 6 minutes and then gradually add spinach and toss until wilted. Stir in salt and black pepper. Fill pepper halves with mushroom mixture. Pour ½ cup boiling water into dish. Bake covered for 25 to 30 minutes or until pepper halves are softened and filling is heated through.

Bon Appetite!

"I have the strength for everything through him who empowers me." (Philippians 4:13)