

Mediterranean Stuffed Peppers

Delicious bell peppers stuffed with a flavorful mixture of couscous, chickpeas, and Mediterranean spices, topped with melted feta cheese.



Main Dish

Mediterranean

40 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- 1 bell pepper
- 1/4 cup couscous
- 1/4 cup cooked chickpeas
- 1/4 cup chopped tomatoes
- 1/4 cup chopped cucumber
- 1/4 cup crumbled feta cheese
- 1 tablespoon olive oil
- 1/2 teaspoon dried oregano
- Salt and pepper to taste

Steps

- 1 Preheat the oven to 375°F (190°C).
- 2 Cut the top off the bell pepper and remove the seeds and membranes.
- 3 In a bowl, mix couscous, chickpeas, tomatoes, cucumber, olive oil, oregano, salt, and pepper.
- 4 Stuff the bell pepper with the couscous mixture and place it in a baking dish.
- 5 Top the stuffed pepper with crumbled feta cheese.
- 6 Bake in the oven for 25-30 minutes or until the pepper is tender.
- 7 Serve hot and enjoy!