



Spinach & Feta Stuffed Baby Peppers

Ingredients:

- fc 1/2 cup crumbled feta cheese
- fc 1/4 cup grated Parmesan cheese
- fc 2 tsp flour
 - 1 egg, beaten
 - 4 sweet baby bell peppers (each about 2-1/2" long)
- fc Olive oil cooking spray
 - 1 large shallot, chopped
 - 1 large clove garlic, minced
 - 1 package (5 to 6 oz.) fresh baby spinach
- fc 1/2 tsp oregano
- fc 1/2 tsp salt
- fc 1/8 tsp pepper



Instructions:

Preheat oven to 350°F. Spray a medium skillet with olive oil cooking spray. Sauté shallot over medium heat until soft, about 4 minutes. Add garlic, sauté 1 minute. Add spinach, oregano, salt and pepper and sauté until spinach is wilted. Combine feta, Parmesan and flour; stir into spinach mixture; add egg and stir to combine. Cut each pepper in half lengthwise; remove ribs and seeds. Stuff pepper halves with equal amounts of spinach mixture. Place stuffed pepper halves, cut side up, on a baking sheet. Bake 18 to 20 minutes until heated through.