



UNIVERSITY OF DELAWARE
**COOPERATIVE
EXTENSION**

Feta and Hummus Stuffed Peppers

Servings

12 servings

Ingredients

- 1 ½ pounds mini bell peppers (seeded and halved)
- 1 container (about 7oz) red pepper hummus
- ½ cup crumbled feta cheese
- 2 teaspoons hot sauce
- ¼ cup chopped parsley
- 3 tablespoons green onion (chopped)
- 1 tablespoon lemon zest



Directions

1. Lay all of the peppers cut side up on a tray or baking sheet
2. In a medium bowl, mix together hummus, feta, and hot sauce
3. Spoon the hummus mixture in the center of each pepper half
4. In a small bowl, stir together the parsley, green onion, and lemon zest
5. Sprinkle the herbs over the peppers and serve

Nutrient content per serving

- Calories- 66cals
- Carbs- 6g
- Protein- 2.25g
- Fat- 1.3g
- Sodium- 143mg
- Fiber- 0.75g

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