Rainbow Bell Pepper Boats with Garbonzo Beans



What You'll Need

› Instant brown rice to make 2 cups, cooked
› 4 medium Red Sun Greenhouse grown bell peppers, red, yellow and orange
› 2 cups chopped kale
› 1 15-oz can garbanzo beans (chick peas), unsalted, drained
› ½ cup chopped walnuts ¼ tsp salt
› ? tsp pepper

Directions

1. Preheat oven to 375°F. Cook rice according to package directions.
2. Slice bell peppers in half vertically and remove seeds.
3. Reserve about half of garbanzo beans; mash remaining portion with a fork.
4. Mix rice with kale, garbanzo beans (mashed and whole), nuts, salt and pepper.
5. Fill peppers with mix; place in baking dish and cover.
6. Bake about 30 minutes.
7. Remove lid and bake 5 more minutes.