Kale & Bacon Stuffed Peppers

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You can never go wrong with a stuffed pepper, especially when it includes bacon. We've added in some kale for the extra bit of greens and color, and lots of cheese and tomatoes. Go ahead, dig in!

Timing

Prep time	Total time	Skill level
		Easy

What You'll Need

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2 large Red Sun Farms® bell peppers, seeded, cut in half lengthwise

1 tsp. olive oil

½ small onion, diced

½ medium Red Sun Farms® tomato, seeded, chopped

3 slices bacon, cooked, chopped

1 cup kale, tough stems removed, chopped

4 large eggs

2 Tbsp. 1% milk

- [ ] ½ cup lowfat shredded mozzarella cheese
- [ ] ½ cup salsa

Directions

1. Preheat oven to 350°F.
2. Arrange pepper halves in a 13x9-inch baking dish.
3. Heat oil in a skillet over medium heat; add onion and cook for 3 minutes. Add tomatoes, bacon, and kale, and cook for 2-3 minutes. Spoon vegetables into pepper halves.
4. Whisk eggs and milk in a small bowl until well blended. Pour evenly over vegetable mixture in pepper halves.
5. Bake 25-30 minutes. Remove from oven, top peppers with cheese, and return to oven. Bake 5 minutes, or until cheese is melted.
6. Top each pepper with 2 Tbsp. salsa.