

Tabbouleh-Stuffed Peppers | bites out of life

- 3 green bell peppers
- 2 cups tabbouleh* (I used a boxed mix, but if you'd like to make it from scratch, [this recipe](#) looks amazing. I would recommend using a full cup of bulgur for stuffing purposes)
- 1/2 cup crumbled feta

*I used halved cherry tomatoes rather than diced tomatoes, and added cilantro. I also went very heavy on the lemon, adding a 1/2 cup of lemon juice to the mix.



- 1) Cut off the tops of the peppers. Cut around the seeds, releasing them from the walls of the pepper, then scoop out the innards. Trim any excess flesh inside the peppers.
- 2) Place the pepper cups open side up on a lined baking sheet and broil for 3 minutes. Turn them over and broil for an additional 5-7 minutes, until the skin is slightly charred.
- 3) Scoop the tabbouleh into the pepper cups. Top with the crumbled feta, then broil for an additional 3-5 minutes until the cheese has browned. (My peppers burned slightly because I was very distracted by the Real Housewives of New Jersey.)

From: <http://www.bitesoutoflife.com/2011/06/09/tabbouleh-stuffed-peppers/>