

CO-OP MEALS
Dinner in 30

Millet stuffed Bell Peppers

Adapted from nutritionistmeetschef.com

Serves 2 as a main or 4 as a side dish

Shopping List:

- 2 medium bell peppers
- 1 cup dried millet (bulk no. 30121)
- ½ red onion
- 1 zucchini
- 2 ounces Neighborly Farms feta cheese

Pantry items:

- 2 cups water or broth
- Cooking oil of your choice
- 2 tablespoons chopped parsley, dill, and/or mint
- Z'atar or other seasoning, salt and pepper to taste

Cook:

Preheat oven to 400°F. Cut tops off peppers by carefully running a knife around the upper edge. Scoop out any ribs or seeds inside the pepper and reserve tops for later. Line a baking sheet with parchment paper, place peppers right-side-up on the sheet and bake for 20 minutes.

While these are cooking, measure and rinse millet. Add to a medium lidded sauce pot with 2 cups water. Bring to a boil then reduce to simmer for 15 minutes.

Meanwhile, finely dice the onion and remaining pepper from the pepper tops (discard stem and seeds). Add 2 tablespoons of oil to a pan and heat over low-medium. Once hot, add the onions, peppers, and dried spices. Cook 3-4 minutes, stirring occasionally. Quarter the zucchini lengthwise and then thinly slice. Add to the onion pan and cook until soft, about 5 minutes more.

Finely dice the feta cheese and herbs. Add the cooked onions/zucchini, feta, and herbs to the millet and stir to combine. Scoop into roasted peppers and serve!

Tips and Hints

From Co-op Nutrition Specialist Hannah Brilling

• Make ahead

Cook millet and roast peppers ahead of time. Then simply sauté the veggies, chop herbs and cheese, assemble, and broil peppers briefly prior to serving.

• Get creative

Sauté any number of vegetables to add to the millet! Or simply throw in a can of beans or chickpeas to add protein and fiber.

Experiment with spices: Paprika, cumin, and ground coriander add a Southwestern, smoky flair, while dried mustard, ginger, and miso paste will lend an Asian feel to the dish.



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