



Greek Stuffed Mini Peppers with Pine Nuts

Ingredients:

- 10-12 mini bell peppers, halved and deseeded
- 1 cup hummus (store-bought or homemade)
- 1/4 cup sun-dried tomatoes, finely chopped
- 1/4 cup Kalamata olives, chopped
- 2 tbsp pine nuts, lightly toasted
- 1 tsp lemon juice
- 1 tsp fresh oregano (or 1/2 tsp dried)
- 2 tbsp nutritional yeast (for cheesy flavor)
- Salt and pepper to taste
- Fresh parsley, chopped, for garnish

Instructions:

1. **Prepare the peppers:**
 - Slice the mini bell peppers in half lengthwise and remove the seeds. Set aside.
2. **Toast the pine nuts:**
 - In a small pan over medium heat, toast the pine nuts for about 2-3 minutes until they are golden and fragrant. Stir frequently to avoid burning. Set aside.
3. **Make the filling:**
 - In a mixing bowl, combine the hummus, chopped sun-dried tomatoes, Kalamata olives, olive oil, lemon juice, oregano, nutritional yeast, and toasted pine nuts (reserve a few for garnish).
 - Season with salt and pepper to taste. Stir until well combined.
4. **Stuff the peppers:**
 - Spoon the hummus mixture into the mini pepper halves. Fill each pepper generously but avoid overfilling.
5. **Garnish:**
 - Arrange the stuffed mini peppers on a serving platter.
 - Garnish with the reserved toasted pine nuts, and freshly chopped parsley
6. **Optional: Bake or serve chilled:**
 - Serve as a chilled appetizer, or bake them in a preheated oven at 350°F (175°C) for 8-10 minutes to soften the peppers slightly and warm the filling.