

YELLOW PEPPERS with *Parmesan Stuffing*

4 servings

2	large yellow peppers	2
1 tbsp	PASTENE Pure Olive Oil	15 mL
1	medium onion, finely chopped	1
1	garlic clove, chopped	1
1 cup	cooked PASTENE Italian Arborio Rice	250 mL
1	can (14 fl. oz/398 mL) PASTENE Italian Peeled Tomatoes, drained and chopped	1
1 cup	PASTENE "Kitchen Ready" Ground Tomatoes	250 mL
2 tbsp	parsley, freshly chopped	30 mL
1 cup	PASTENE Grated Parmesan Cheese	250 mL
	salt and pepper	

- Preheat oven to 375°F (190°C).
- Cut peppers in half lengthwise. Remove seeds and white membranes. Blanch peppers in boiling water 4 minutes. Cool under cold running water and drain well.
- Heat oil in skillet over medium heat. Cook onion and garlic 3 minutes. Stir in rice, season with salt and pepper, and cook 3 minutes.
- Stir in Italian and ground tomatoes, parsley and half the cheese. Cook 7 minutes over high heat. Fill peppers with mixture and top with remaining cheese. Bake 20 minutes.

