

Bulgur Wheat Filled Bell Peppers

About this Recipe

Meal: Side

Serves: 2 servings

Prep time: 10 minutes

Cook time: 30 minutes

Category

Dietary Preference

- ✓ Nut-Free
 - ✓ Omnivore (Everything)
 - ✓ Pescatarian
 - ✓ Vegetarian
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Nutrition Information

Serving Size: half of recipe

Calories: 209

Protein: 7 grams (1 hand)

Fat: 9 grams (1 thumb)

Low Carb: 0 grams

Moderate-High Carb: 29 grams (1 ½ cupped hands)



Registered Dietitian's Notes

Bulgur wheat is a whole grain that does contain gluten and therefore it is not suitable for those with a gluten intolerance. Bulgur is a fiber-rich food that supports the growth of good bacteria in the gut. Red bell peppers are an excellent source of vitamin C. These filled peppers are easy to prepare and an interesting complement to a vegetarian dish.

Ingredients

- ½ cup medium-grain bulgur wheat
- 1 cup (250ml) water
- 2 small red bell peppers
- ¼ cup olives, chopped
- ¼ cup feta cheese
- 1 teaspoon fresh thyme
- 2 tablespoons fresh parsley
- 1 teaspoon olive oil
- ½ teaspoon salt
- ½ teaspoon pepper



Directions

1. Toast the bulgur wheat in a dry saucepan over a medium heat for a few minutes, regularly shaking the pan to allow for even toasting. This will give the bulgur a delicious, nutty flavor.
2. Add 1 cup (250ml) of water, bring it to a boil, and then reduce the heat to a simmer. Cover the pan and leave the bulgur to cook for 10–12 minutes. When done, the grains should be tender. Turn off the heat and remove the lid from the pan to allow the steam to escape and the grains to cool slightly.
3. Heat the oven to 400°F (200°C).
4. Slice the bell peppers in half vertically and use a serrated paring knife to remove the seeds and the white parts of the peppers. Set aside.
5. Chop the olives and herbs and crumble the feta. Add these ingredients to a mixing bowl with the bulgur and fold everything together. Season with salt and pepper to taste.
6. Lay the peppers on a lined oven sheet and fill them with the bulgur mix. Compact the filling into the pepper halves with the back of a spoon. Drizzle with a little olive oil and bake for 20 minutes.
7. After 20 minutes, the crust of the filling should be golden and crunchy and the bell peppers should be soft.

Serving Suggestion

These flavor-packed peppers work well as a side dish with [baked fish](#). They are also a nice complement to our [tzatziki with roasted eggplant \(aubergine\)](#).