

Seasonal Eating

Pasta Stuffed Peppers

Ideas for Using Fresh Produce

4 green, red or yellow bell peppers
1/4 pound mild Italian sausage
1/2 cup chopped onion
2 cups chicken broth
3/4 cup orzo pasta
1 (14 1/2-ounce) can diced tomatoes with garlic, basil and oregano, drained
1 zucchini, grated and pressed dry
1/2 cup grated Parmesan cheese
2 tablespoons olive oil
1/2 teaspoon salt
1/4 teaspoon black pepper



Cut the tops off the peppers by cutting around the outer edge from the top. Pull the top out with the core and seeds. Cut the core and seeds off the underside of the top, leaving the stem and flesh intact. Pull out the ribs and any other seeds from the inside of the pepper. If necessary, cut a small slice off the bottom to make them stand up but do not cut through the bottom. Place in a 9"x9" baking dish. In a small skillet, brown the sausage and onion, breaking the meat into small crumbles. Bring the chicken broth to a boil and add the orzo. Cook for 6 minutes, it will be slightly under done. Remove orzo from broth with a strainer and place in a large bowl, reserving the broth in the pan. Add the sausage mixture, tomatoes, zucchini, cheese, olive oil, salt and pepper. Stir to combine well. Fill the peppers with the orzo mixture, placing the tops back on and pour the chicken broth (adding water if necessary) in the bottom of the dish to about 1/2" deep. Cover with foil and bake at 400 degrees for 1 hour or until peppers are tender.

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