

GREEK MILLET STUFFED PEPPERS

Ingredients

1/2 cup millet
1 cup stock (chicken or vegetable)
1/2 cup water
3 bell peppers
1/2 of an onion chopped
1 Tbsp minced garlic
1 Tbsp dried oregano
1/2 cup kalamata olives
1/4 cup sundried tomatoes
4 oz feta cheese, cubed or crumbled
1 Tbsp lemon juice
1 tsp lemon zest
Salt to taste
2 Tbsp Olive oil + 1 Tbsp more

Instructions

Cut in half from top to bottom, de-core, and seed the bell peppers. Set aside.

Add 1/2 cup millet to 1 cups stock and 1/2 cup water. Bring to a boil.

Cover and reduce heat to a simmer. Cook for about 20 minutes, until water is absorbed and grain is soft.

During the 20 minute cook time, prep the other ingredients. Chop the onion, mince the garlic, roughly chop the olives and sundried tomatoes, cube the cheese if needed, and zest the lemon.

Once millet is cooked, dump into a bowl and set aside to cool.

Heat skillet over medium heat. Add 2 Tbsp olive oil and sautee onion for 3-4 minutes, until soft.

Add in garlic and dried oregano and sautee for 30 seconds. Add in olives and sundried tomatoes and sautee for another minute.

Remove from heat and add half the feta, the lemon zest, and lemon juice to the veggie mixture. Mix to combine and set aside.

Pre heat broiler.

Lightly oil the bell pepper halves with remaining 1 Tbsp oil while oven pre-heats.

Broil the bell peppers 2-4 minutes on each side. Want them to be soft but not falling apart.

Fluff and combine the millet together with the veggie mixture.

Fill each pepper with the stuffing. Top with remaining cubes of feta.

Broil again for 2 minutes and serve!

Note: if you have extra filling, it is excellent on it's own, or can place a couple spoonfuls on the plate and serve the stuffed pepper on top!