



Stuffed Baby Bell Peppers with Goat Cheese and Pico de Gallo

Ingredients List

12	baby bell peppers, assorted colors
1	large tomato, pulp and seeds removed, tomato flesh diced
2 teaspoons	diced red onion
1	small garlic clove, minced
1-2 teaspoon	diced Jalapeno
2 teaspoons	diced cilantro
1/2 teaspoon	lime
4 oz	plain goat cheese
8 oz	Monterey Jack Cheese, shredded

garnish

Sliced cilantro



Directions

1. Place the oven rack in the middle position. Preheat the oven to 350 degrees.
 2. Spray a small baking tray with cooking spray.
 3. Slice the baby bell peppers in half, lengthwise. Remove the seeds and ribs with a spoon.
 4. Place the tomato, red onion, garlic, jalapeno, cilantro, and lime into a small bowl. Stir to combine.
 5. Spread ½ teaspoon of goat cheese into each bell pepper half and spread evenly over the bottom.
 6. Spoon the tomato mixture on top of the goat cheese until it is almost to the top of each pepper half.
 7. Place Monterey Jack Cheese on top of the tomato mixture and press gently. The cheese should be mounded and should cover the tomato mixture completely.
 8. Place the filled peppers onto the prepared baking sheet. Place the tray into the oven.
 9. Cook for 5 minutes or until the cheese is melted. Remove the tray from the oven. Let cool for 5 minutes.
 10. Place the peppers onto a serving tray. Sprinkle the peppers with the sliced cilantro.
- Serve and enjoy!

Prep time: 15 minutes