



## SPANAKOPITA STUFFED PEPPERS

Advanced Lifestyle

### INGREDIENTS

2 TBS extra-virgin olive oil, divided	½ cup part-skim ricotta cheese
¼ cup chopped shallot	6 TBS crumbled feta cheese
1 (11 ounce) package baby spinach	2 red bell peppers (about 8 ounces each), cut in half lengthwise and seeded
2 TSP chopped fresh dill	¼ TSP salt
2 TSP chopped fresh parsley	4 TBS shredded part-skim low-moisture mozzarella cheese, divided
1 clove garlic, grated	
¼ TSP ground pepper	

### INSTRUCTIONS

—Preheat oven to 400 degrees F.

—Heat 1 TBS oil in a large nonstick pan over medium-high heat. Add shallot and cook, stirring often, until softened, about 1 minute. Add spinach in batches and cook, stirring, until wilted, 3 to 5 minutes. Stir in dill, parsley, garlic and pepper. Cook, stirring, for 1 minute. Transfer the spinach mixture to a large mixing bowl. Stir in ricotta and feta.

—Rub bell peppers with the remaining 1 TBS oil and sprinkle with salt. Divide the spinach mixture among the peppers and top each with 1 TBS mozzarella. Place in an 8-inch-square baking dish.

—Bake until the peppers are tender, 30 to 35 minutes. Let cool for 5 minutes before serving.

**SERVING INFO:** (Yields 4 servings)

1 stuffed pepper = 1 V, 1 M, 1/2 FT

See photo of recipe at [Instagram](#) and [Facebook](#).