

## Kale & Bacon Stuffed Peppers

### What You'll Need

- › 2 large Red Sun Farms® bell peppers, seeded, cut in half lengthwise
- › 1 tsp. olive oil
- › ½ small onion, diced
- › ½ medium Red Sun Farms® tomato, seeded, chopped
- › 3 slices bacon, cooked, chopped
- › 1 cup kale, tough stems removed, chopped
- › 4 large eggs
- › 2 Tbsp. 1% milk
- › ½ cup lowfat shredded mozzarella cheese
- › ½ cup salsa



### Directions

#### Meatloaf Muffins

1. Preheat oven to 350°F.
2. Arrange pepper halves in 13x9-inch baking dish.
3. Heat oil in skillet over medium heat; add onion and cook 3 minutes. Add tomatoes, bacon and kale, and cook 2-3 minutes. Spoon vegetables into pepper halves.
4. Whisk eggs and milk in small bowl until well blended. Pour evenly over vegetable mixture in pepper halves.
5. Bake 25-30 minutes. Remove from oven, top peppers with cheese and return to oven. Bake 5 minutes, or until cheese is melted.
6. Top each pepper with 2 Tbsp. salsa.