

## Kale & Bacon Stuffed Peppers



You can never go wrong with a stuffed pepper, especially when it includes bacon. We've added in some kale for the extra bit of greens and color, and lots of cheese and tomatoes. Go ahead, dig in!

### Timing

Prep time

Total time

Skill level

**Easy**

### 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.