



Mediterranean Stuffed Bell Peppers with Steel Cut Oats

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Inspired by fresh and vibrant Mediterranean flavors, this recipe for Mediterranean Stuffed Bell Peppers with Steel Cut Oats is a great way to spice up lunch or dinner. Stuffed with Kalamata olives, feta cheese, and other traditional Mediterranean ingredients, each bite of this vegetarian stuffed pepper is full of flavor and hearty textures.

Ingredients

- 3 bell peppers, halved
- 3 tablespoons extra virgin olive oil, divided
- 4 cloves garlic, minced
- Pepper and kosher salt
- 1/2 cup fresh parsley, chopped
- 3/4 cup [Quaker® Steel Cut Oats - Traditional](#)
- 1/4 cup pitted Kalamata olives
- 3 pepperoncini, chopped
- 3 tablespoons pine nuts
- 1/2 cup crumbled feta cheese
- 2 tablespoons balsamic vinegar
- 1 cup cherry tomatoes, halved
- 1 cup fresh basil, chopped
- Crushed red pepper flakes
- 1 tablespoon fresh lemon juice

Cooking Instructions

1. Preheat oven to 400 degrees F.

2. In a large baking dish toss the peppers with 1 tablespoon olive oil, garlic, and a pinch of salt and pepper.
3. Sprinkle with parsley.
4. Roast in the oven for 30-35 minutes until the peppers are beginning to char.
5. In a medium saucepan bring 3 cups of water to a boil and add steel cut oats.
6. Stir and reduce heat to low. Simmer for 20 minutes until oats are just beginning to bloom and al dente.
7. We are slightly undercooking the oats in this recipe to retain a hearty texture and bite.
8. Strain remaining water off of the oats with a fine mesh strainer and place into a bowl. Allow to cool to room temperature.
9. Toss with olives, pepperoncini, pine nuts, feta, and balsamic.
10. Mix tomatoes with basil, 2 tablespoons olive oil, red pepper flakes, lemon juice, and kosher salt to taste.
11. Stuff the warm peppers with the oat mixture and top with the tomato basil salad mix.

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