

Stuffed Sweet Mini Peppers

SERVES 4-5



INGREDIENTS

- 2 tbsp extra virgin olive oil
- 1 tbsp red wine vinegar
- 1 garlic clove, minced
- 1/4 tsp sea salt
- 1 jalapeno pepper, seeds removed, diced
- 2 tbsp fresh oregano leaves, chopped (see tips below)
- 1/2 cup fresh parsley, chopped
- 5-6 oz organic feta cheese, crumbled (see tips below)
- Dash of ground cayenne pepper
- 1 pint organic sweet mini peppers, tops removed or sliced lengthwise, stem and seeds removed

DIRECTIONS

1. In a small bowl, combine the olive oil, red wine vinegar, garlic, jalapeno pepper, oregano, sea salt, and parsley. Use a fork to whisk ingredients together.
2. Add feta cheese and desired amount of ground cayenne pepper. Mash together with other ingredients until a smooth consistency is achieved.
3. Scoop feta cheese mixture into the mini pepper halves, dividing evenly. Serve and enjoy!

TIPS

- You may use organic bell peppers cut into strips instead of sweet mini peppers.
- Substitute 1 tbsp dried oregano leaves in place of fresh oregano leaves.
- This spread makes a great dip served with your favorite raw vegetables or whole grain crackers.
- If concerned with dairy allergies, replace cow's milk feta cheese with goat or sheep milk cheese.
- If you desire an additional kick, add in a few jalapeno seeds or increase the amount of ground cayenne pepper to mixture.