

# Lentil Walnut Stuffed Peppers

Prep Time 20 mins  
Total Time 40 mins  
Meal Type Lunch, Dinner  
Contributed By

LivingPlateRx

Source [Living Plate Teaching Kitchen](#)

Servings 4



## Ingredients

lb,c g,ml

- 4 peppers, bell
- 1 1/2 tsp olive oil
- 2 cup mushrooms, portobello, *washed and chopped*
- 1/4 cup basil, fresh, *chopped*
- 2 cup spinach, baby, *chopped*
- 1 cup onion, sweet, *diced*
- 2 clove garlic, *minced* (for 2 tsp)
- 1 cup tomatoes, cherry, *halved*
- 1 Tbs soy sauce (or alternative)
- 1/4 tsp salt (or to taste)
- 1/4 tsp black pepper
- 1/4 tsp cayenne pepper (optional)
- 1 1/2 cup lentils, canned, *drained and rinsed*
- 1/2 cup walnuts, raw, *crushed*

## Directions

### Prep

1. Preheat oven to 425°F.
2. Chop off the stem and top of the peppers, and carve/rinse out the seeds. You could also slice the peppers in half lengthwise to create a "boat".
3. Chop mushrooms, basil, and baby spinach.
4. Mince garlic, and dice yellow onion
5. Halve cherry tomatoes.

### Make

1. Place peppers in a parchment-lined casserole dish [parchment will prevent them from sticking to the bottom of your dish.] Bake in oven for about 15 minutes until they start to soften. Remove from oven and set aside.
2. Meanwhile, heat olive oil in a large skillet over medium heat.
3. Add onion, mushrooms, cherry tomatoes, and soy sauce. Sauté for 5 minutes or until onion is translucent. Add in minced garlic, sea salt, black pepper and cayenne and sauté for another minute. Stir in basil and spinach just until wilted and then remove from heat.
4. Add the lentils and walnuts into the skillet with the vegetables and stir well to evenly distribute.
5. Use a spoon to pack this vegetable mix into the red peppers.
6. Bake the stuffed peppers in the oven for 15-20 minutes. Remove and let cool before serving.

## Notes

The serving size is one pepper or two halves.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "--" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
		<b>Total Fat</b> 15.1g	23%	<b>Total Carbohydrates</b> 57g	19%
		Saturated Fat 1.6g	8%	Dietary Fiber 12g	47%
		Trans Fat 0.0g		Total Sugars 5g	
		<b>Cholesterol</b> 0mg	0%	<b>Protein</b> 18g	
		<b>Sodium</b> 434mg	18%		
		Vitamin D 0mcg 1% · Calcium 199mg 19% · Iron 6mg 32% · Potassium 1379mg 29%			
<b>Calories</b> 401					
per serving					
		* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.			

- Show all nutrients -

- Show all nutrients -