

Confetti Stuffed Bell Peppers

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Kids Cook
Monday

Pairing fresh bell peppers with a frozen vegetable blend allows you to enjoy a bounty of nutrients while keeping the prep work manageable. Kids will love mixing up the filling and sprinkling the stuffed peppers with cheese. This recipe comes to us from our friends at [Birds Eye](#).

Serves 4

Food for Thought: Did you know that frozen vegetables are both convenient and nutritious? Although fresh vegetables are always a healthy choice, the nutrients they contain start to deteriorate as the item is transported and stored. Freezing vegetables shortly after picking locks in these nutrients, so that by the time you eat them they are nearly as nutritious they were the moment they were harvested.

Cooking Tip of the Week: Covering a baking dish with foil traps the food's water molecules and prevents the dish from drying out, while removing the foil a few minutes before the baking time is up helps melt the top layer and give it an appealing golden color.

Family Dinner Conversation Starter: How would you describe yourself to someone who has never met you?

Directions:

Adult: Preheat oven to 350°F.

Kid: Lightly grease a 9 x 13-inch shallow baking dish with nonstick cooking spray

Kid: Combine prepared mixed vegetables, brown rice, 1/2 cup mozzarella cheese, 1/4 cup Parmesan cheese, tomato sauce and black pepper in a large bowl.

Together: Arrange peppers in prepared pan and spoon mixture into peppers.

Together: Pour 1/4 cup water into pan around the peppers. Cover with aluminum foil and bake for 30 minutes, until peppers are tender.

Together: Remove foil and evenly sprinkle peppers with remaining cheeses. Bake uncovered 5 minutes or until cheese is melted.

Ingredients

- 4 large bell peppers, cut in half lengthwise and seeded
- 1 bag (12 oz.) frozen mixed vegetables, cooked according to package directions
- 1 bag (10 oz.) frozen whole grain brown rice, cooked according to package directions
- 1 cup shredded part skim mozzarella cheese, divided
- 1/2 cup parmesan cheese, divided
- 1 can (8 oz.) tomato sauce
- 1/8 tsp. black pepper

Nutrition Info

- 335 Calories
- 92 Calories from Fat
- 10g Total Fat
- 6g Saturated Fat
- 30mg Cholesterol
- 719mg Sodium
- 512mg Potassium
- 43g Total Carbohydrates
- 8g Dietary Fiber
- 17g Protein
- 13g Sugars
- 137% Vitamin A
- 358% Vitamin C
- 37% Calcium
- 7% Iron
- Servings : 4
- Recipe Type : [Family Dinner](#), [Family Dinner Date](#)

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