

Stuffed Peppers with Marinated Tomatoes and Herbs  
(serves 4)

8 sweet italian peppers (red)  
2 T olive oil  
3/4 lb. ground chicken  
1/4 C chopped spanish onion  
2 T chopped cilantro  
1 T chopped thyme  
2 tomatoes roughly chopped  
3 T chopped parsley  
leftover wild rice from (day 66 lunch)  
S and P to taste

1. Trim tops off of peppers (chop and set aside) and drizzle 2 tsp. oil over the top. Season with salt and pepper and place in 350 degree oven for 20-25 minutes or until the skin is blistered.
2. Remove peppers out of oven and place in a bowl covered with plastic wrap for 20 minutes. Remove plastic wrap and allow peppers to cool.
3. Once peppers have cooled, peel the skin and set aside.
4. In a medium sauté pan over medium heat add remaining olive oil and onion and cook 3-4 minutes, add thyme and chopped tops of peppers, cook for 1 minute, add chicken and stir until cooked through (approximately 6 minutes) and add cilantro. TASTE.
5. Season tomatoes with salt and peppers and fresh parsley with 1 T olive oil. TASTE.
6. Stuff peppers with chicken mixture and place in oven for 5 minutes at 350 degrees to warm the pepper. Serve over marinated tomatoes and wild rice.