



# STUFFED PEPPERS *with* CHICKEN *and* VEGAN ZUCCHINI PESTO

Serves: 2-4 people

## INGREDIENTS:

### For the Stuffed Peppers with Chicken

- 4 Red Yellow or Orange Bell Peppers
- 4 cups of Pasture Raised Chicken or Turkey Thighs
- 1 medium Onion, coarsely chopped
- 1 clove of Garlic, crushed & coarsely chopped
- 1 handful of Baby Kale
- 2 tbsp Nutritional Yeast
- 2 tbsp Olive Oil
- Salt to taste

### For the Vegan Zucchini Pesto

- 1 large Zucchini, cubed
- Olive Oil
- 2 tbsp Nutritional Yeast
- ½ clove garlic
- 2 handful of Fresh Basil
- Some Baby Greens, Kale or Spinach
- Salt to taste

## INSTRUCTIONS:

### Roasted Peppers Stuffed with Ground Chicken Thighs

#### Pepper Method:

Place peppers on baking sheet & roast at 375 F for about 30-35 minutes until skin blisters and has hints of charred black. Peppers should be soft and cooked thoroughly. When done, remove and let it cool. When cooled, gently removed core and seeds trying to keep pepper intact. When cored, cut pepper once so it is now spread as one piece.

#### Stuffing Method:

Place chicken / turkey in a bowl and add onion. Add garlic, olive oil, yeast and chopped kale and mix thoroughly. Spread on baking sheet and cook for 20 minutes at 350 F. When done, let it cool.

#### Assembly:

Take 2 heaping tablespoons of cooked chicken stuffing and place in one end of roasted pepper and roll, keeping the stuffing inside pepper.

### Roasted Zucchini Pesto (Nut Free and Vegan)

Place zucchini on baking sheet with garlic and drizzle a little oil. Bake for 15 minutes. Remove and set aside. Once cool, put cooked zucchini, garlic, olive oil, greens, nutritional yeast, and basil into a blender. Blend until smooth and use on top of Vegetarian Frittata or other Vegetarian dishes to create a nut free vegan pesto!