

# Bell Pepper PROTEIN BOWL

Power up your day with this Bell Pepper Protein Bowl! Designed for any occasion and chalk full of bright colors and a hearty crunch, this dish screams clean eating. Dig in!



## DIRECTIONS:

- Add garlic, olive oil, vinegar, sea salt & pepper to a food processor; puree.
- Add all ingredients except hemp hearts into a large mixing bowl, mix well and let marinate for 1 to 20 minutes.
- Adjust seasoning according to preference. Arrange on a serving platter & garnish with hemp hearts.
- Enjoy.

## CHEF'S TIP:

For a great pairing, create some healthy sweet potato fries to dip in your ketchup.

Nutrition Facts	
Serving Size (305g) Servings Per Container	
Amount Per Serving	
<b>Calories 290</b>	<b>Calories from Fat 110</b>
% Daily Value*	
<b>Total Fat 12g</b>	<b>18%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 25mg</b>	<b>1%</b>
<b>Total Carbohydrate 33g</b>	<b>11%</b>
Dietary Fiber 11g	44%
Sugars 8g	
<b>Protein 15g</b>	
Vitamin A 70%	Vitamin C 200%
Calcium 8%	Iron 40%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	



**Prep time:** 20 Minutes  
**Cook time:** N/A  
**Serves:** 4 People

## INGREDIENTS:

- 2 Tomatoes on the Vine, halved and quartered
  - 1 Yellow Bell Pepper, chopped
  - 1 Orange Bell Pepper, chopped
  - 2 cups lentils, rinsed and drained
  - 2 cups parsley
  - 4 garlic cloves
  - 1 tsp. chili flakes
  - 2 tbsp. olive oil
  - 3 tbsp. white balsamic vinegar
  - 4 tbsp. hemp hearts
- Sea Salt & Pepper to taste

**NatureFresh**  
Farms

[naturefresh.ca](http://naturefresh.ca)

