

Long Sweet MINI PEPPER BOATS

Create this colorful appetizer in minutes & awe your guests with exceptional flavor! Chef's tip: add more veggies instead of feta to make this dish vegan.



Nutrition Facts	
servings per container	
Serving size	(261g)
Amount per serving	
Calories	320
	% Daily Value*
Total Fat 22g	28%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 350mg	15%
Total Carbohydrate 20g	7%
Dietary Fiber 7g	25%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 118mg	10%
Iron 3mg	15%
Potassium 321mg	6%
*The % Daily Value 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.	



Prep time: 10 minutes
Cook time: N/A
Serves: 3 People

INGREDIENTS:

- 3 NatureFresh™ Farms Long Sweet peppers, assorted colors
- ½ cup NatureFresh™ Farms Mini Cucumbers
- ½ cup TOMZ® Cherry Tomatoes
- 1 cup lentils
- ¼ cup feta cheese
- Parsley
- ¼ cup olive oil
- 1 tsp lemon juice
- Salt & pepper to taste

CHEF'S TIP:

To make this into a vegan dish, substitute the feta for another veggie!

STEPS:

1. Wash all vegetables before preparing.
2. Slice Long Sweet Peppers in half lengthwise and clean out the seeds. Rinse Peppers.
3. Dice Mini Cucumbers and TOMZ® Tomatoes and combine in a bowl.
4. Wash and add lentils to Mini Cucumbers and Tomatoes.
5. Add feta to mixture.
6. Drizzle olive oil and lemon juice on top of mixture and stir.
7. Add salt and pepper to taste.
8. Scoop and fill the Peppers with the vegetable mixture.
9. Chop parsley and garnish.
10. Serve and enjoy!



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