

Dolci Belles

ITALIAN SWEET PEPPERS



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Serves: 6

Prep time: 5 mins
Cook time: 15 mins

5 Cheese & Spinach Stuffed Italian Sweet Peppers

Ingredients

6 Italian Sweet Peppers
halved lengthwise and seeded

½ package 4 oz cream cheese, softened to room temp

¼ cup shredded mozzarella cheese

¼ cup shredded cheddar cheese

¼ cup grated Parmesan cheese

¼ cup crumbled feta cheese

1 cup spinach chopped

1 tsp salt

½ tsp ground black pepper

¼ tsp garlic powder

Instructions

1. Preheat oven to 450° F and line a baking sheet with aluminum foil or lightly grease with oil.
2. In a medium mixing bowl, combine the cream cheese, mozzarella, cheddar, Parmesan, and feta cheeses. Toss in chopped spinach, salt, pepper and garlic powder. Mix everything with a fork until the mixture is fully combined.
3. Arrange Italian Sweet Peppers on prepared baking sheet. Spoon about 1 tablespoon cheese mixture into each pepper.
4. Bake in the preheated oven until cheese is melted and bubbling, about 10-15 minutes. Serve warm.





Serves: 6

Prep time: 5 mins
Cook time: 20 mins

Garlic Roasted Italian Sweet Peppers

Ingredients

12 Italian Sweet Peppers

1-2 tbsp olive oil or avocado oil

3 cloves garlic, minced

Kosher salt and pepper to taste

Optional: fresh chopped basil and thyme for garnishing

Instructions

1. Preheat oven to 425° F and line large baking sheet with aluminum foil or lightly grease with oil.
2. Cut the tops of the Italian Sweet Peppers and deseed.
2. Place Italian Sweet Peppers on baking sheet with garlic, olive oil, salt, and pepper.
3. Roast in the preheated oven for 15-20 minutes, or until the peppers soften and start to char slightly in places. Serve hot with fresh chopped herbs if desired.





Serves: 6

Prep time: 5 mins
Cook time: 20 mins

Spaghetti Peperonata

Ingredients

3 tbsp olive oil

6 Italian Sweet Peppers
seeded and thinly sliced

1 large, sweet onion,
thinly sliced

2 garlic cloves, finely chopped

2 handfuls of fresh parsley,
leaves and stalks separated
and finely chopped

3 tbsp capers, drained, rinsed
and roughly chopped

6 tsp clear honey

3 tbsp red wine vinegar

15 oz Fettuccine noodles

*Optional: grated
Parmesan to taste*

Instructions

1. Oil a medium lidded frying pan and let sit over a low heat.
2. Add the peppers and onion and cook, covered, for 15 minutes, or until softened.
3. Add garlic, parsley stalks and capers before returning the lid and continue cooking for 5 minutes.
4. Stir in the honey, vinegar and parsley leaves.
5. Meanwhile, bring a large pan of salted water to boil and cook noodles for 10 minutes.
6. Drain noodles and add to the pan. Toss to coat in the sauce, then divide between plates. Serve sprinkled with cheese if desired.





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