



BAKED PEPPERS WITH BULGUR, CHARD AND FETA CHEESE

Heating Mode(s): **Convection + 100% Humidity/ Convection + 60% Humidity**

Temperature(s): **212°F/100°C - 340°F/175°C**

Required Accessories: **Solid oven cooking container or rimmed baking sheet**

Preparation Time: **15 minutes**

Cooking Time: **Steaming Bulgur 20 mins/Baking Peppers 30 mins**

Servings: **8**

Peppers can be stuffed with a variety of grains and vegetables or even with ground meats, and served warm or at room temperature. In this recipe we used coarse Bulgur wheat, however if you use another grain simply follow the cooking guidelines as noted in this recipe.

To prepare the filling the oven is first set to the Steam mode to steam the bulgur wheat while the vegetables for the filling are sautéed on the cooktop and the peppers are prepared for stuffing. The stuffed peppers are then baked with a combination of higher heat and lower humidity ensuring the stuffing remains moist while the peppers soften.

Ingredients for 8 servings

4 large peppers, cut lengthwise, seeds and ribs removed
1 cup (182 g) coarse bulgur wheat
2 cups (480 ml) water
1 tbsp (15 ml) olive oil
1 medium onion, diced
4 cloves garlic, minced
1 bunch rainbow chard, chopped into thin ribbons
½ tsp (2.5g) dried Italian seasoning
4 oz (120g) feta cheese, rinsed and crumbled
½ cup (70g) pine nuts, toasted

Instructions

Heat the oven in the Steam mode, 100% Humidity + 212°F/100°C.

Combine the bulgur with the water in a small oven proof container and add a large pinch of salt. Place the container in the oven and set the timer for 20 minutes.

Heat a medium sized sauté pan over moderate heat, mark 7 gas or induction.

Add the olive oil and onions and cook for several minutes until the onions have softened. Stir in the garlic, chard and Italian seasoning and cook for approximately 8 minutes until the chard has softened.

When the timer elapses, remove the bulgur from the oven and

gently combine with the vegetables then stir in the feta cheese and pine nuts. Stir in some freshly cracked pepper to taste.

Change the oven mode to 60% Humidity + 340°F/175°C

Lightly oil the large solid cooking container or line with parchment paper. Divide the stuffing between the prepared peppers and place in the cooking container. Bake the peppers for 30 - 35 minutes until softened and beginning to brown on the edges.

Tip

If additional browning is desired, change the oven mode to Broil Level 2 + Humidity and set the temperature to 400°F/205°C and cook for an additional 3 - 5 minutes.
