



## ***Bell Pepper Stuffed with Wheat Berries***

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Recipe courtesy Chef Bryan Woolley

4 large bell peppers, blanched and cooled  
1 cup wheat berries  
1 cup each of the following: (diced) Cucumber, Carrot, Celery, Zucchini  
¼ cup chopped roasted walnuts  
¼ cup diced red onion  
2 tbsp freshly chopped dill  
2 tbsp freshly chopped basil  
2 tsp garlic powder  
1 tsp onion powder  
1 tbsp rice vinegar  
1 tsp Dijon mustard  
2 tbsp extra virgin olive oil  
Salt and pepper to taste

1. In a large pot of boiling water carefully place deseeded bell peppers into the pot. Allow to boil for about 1 minute. Remove and place in a bowl of cold water and set aside.
2. In a separate bowl combine everything except the garlic powder, onion powder, rice vinegar, and the olive oil. Gently toss to combine. Set aside.
3. In a small bowl combine garlic powder, onion powder, rice vinegar, Dijon mustard and olive oil. Whisk to combine.
4. Pour vinaigrette over the wheat berry mixture. Toss to through coat mixture. Salt and pepper to taste.
5. Divide between each bell pepper. Serve stuffed bell pepper on a bed of mixed greens.

Makes 4 servings.

### **Nutrition Facts**

Serving Size: one stuffed pepper

Calories	350
Total Fat	13g
Saturated Fat	1.5g
Cholesterol	0mg
Sodium	370mg
Carbohydrates	50g
Dietary Fiber	10g
Sugars	9g
Protein	11g

### **Diabetic Exchanges**

Protein	1.5
Carbohydrates	3
Fat	3