



Makes 4 stuffed pepper halves

Preparation Time: 25 minutes

Cook Time: 35 minutes

INGREDIENTS:

2 medium potatoes, peeled and halved

½ cup fresh or frozen corn kernels

½ cup finely chopped yellow onion

¼ cup finely chopped green bell pepper

1 teaspoon lime juice

1 clove garlic, minced

½ teaspoon very finely chopped serrano chile

1 teaspoon sea salt

¼ teaspoon grated fresh ginger

2 yellow bell peppers

¼ cup sunflower kernels, toasted

1 large tomato

½ teaspoon cayenne pepper

1½ teaspoons finely chopped fresh cilantro

Yellow Bell Pepper Boats with Homemade Hot Sauce

These eye-catching stuffed pepper boats are packed full of good-for-you ingredients and drizzled with a homemade hot sauce. Potatoes, corn, and **onion** make a luscious filling that's enhanced with spicy serrano chile and aromatic ginger. Sprinkle each half with fresh cilantro and sunflower seeds for a delicious dish you can serve alongside **good bread** and a fresh salad. And if you prefer the slightly sweeter taste of red bell peppers, feel free to swap in any color pepper that you like.

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By Del Sroufe

- 1** Preheat oven to 350°F. In a saucepan combine potatoes and enough water to cover. Bring to boiling over medium; reduce heat. Simmer about 15 minutes or until tender; drain. Let potatoes cool. Mash potatoes.
- 2** In a small saucepan combine corn and 1 cup water. Cook over medium 5 to 7 minutes or until corn is tender; drain. Add to mashed potatoes with the onion, bell pepper, lime juice, half of the garlic, serrano chile, ½ teaspoon salt, and the ginger. Mix well.
- 3** Halve each yellow bell pepper lengthwise; remove seeds and membranes. Divide potato mixture among bell pepper halves; sprinkle with sunflower kernels. Place filled peppers in a shallow baking dish; cover with foil. Bake 30 to 35 minutes or until peppers are soft when poked with a fork.
- 4** For Homemade Hot Sauce, place tomato in a blender. Cover and blend until smooth. Transfer tomato puree to a small saucepan. Add cayenne pepper, the remaining ½ teaspoon sea salt and half clove of garlic. Bring mixture to boiling; cook 5 minutes, stirring occasionally. Reduce heat to low; simmer 5 minutes more.
- 5** To serve, drizzle Homemade Hot Sauce over pepper boats. Sprinkle with chopped cilantro.