

Creamy Chicken Stuffed Bell Peppers



The perfect snack-bites to gorge with family/friends! The tender baked vibrant bell peppers oozing with the creamy chicken, spinach, artichoke, cheese stuffing is an edible paradise.

Ingredients for 2 serving (US/Metric)

- 271g / 9.6oz **Red Bell Pepper**
- 1.5 *cup* **Rotisserie Chicken**
- 1.5 *cup* **Artichoke Hearts**
- 2.5 *cup* **Spinach**
- 5.5 *tbsp* **Cream cheese**
- 2 *tbsp* **Parmesan cheese**
- 74g / 2.6oz **Mozzarella**
- 2.5 *tbsp* **Mayonnaise**
- 2.5 *tbsp* **Sour cream**
- 2 *pieces* **Garlic Cloves**
- 1.5 *tbsp* **Olive oil**
- **Salt & pepper to taste**
- **Fresh parsley**

Nutrition (US/Metric)

- **Protein:** 23%
- **Fat:** 69%
- **Net carbs:** 8%

Instructions

1. Set the oven for preheating at 400°F.
2. Now, after cutting & de-seeding the bell peppers; put them (cut side-up) on a large-sized rimmed baking tray. Drizzle some olive oil and sprinkle salt pepper on the bell peppers.
3. Next prepare the stuffing. Add the chicken pieces in a mixing bowl, followed by spinach, artichoke hearts, garlic, cream cheese, sour cream, mayo, Parmesan, mozzarella (0.5 cups), salt & pepper. Mix nicely.
4. Fill the halved bell peppers with the creamy chicken stuffing. Shower the leftover mozzarella on top. Transfer the tray into the preheated oven and bake for 25 minutes till the peppers soften & cheese melts.
5. Serve garnished with fresh parsley.