

Ricotta and Herb Stuffed Peppers



Ricotta and Herb Stuffed Peppers are a fresh, flavorful snack filled with creamy ricotta cheese mixed with fresh herbs. They provide a satisfying bite perfect for those mid-afternoon hunger pangs.

Ingredients for 2 serving (US/Metric)

- 263g / 9.3oz **Red Bell Pepper**
- **Ricotta cheese**
- 6 *tsp* **Herb Mix**
- 3.5 *tsp* **Garlic powder**
- **Salt & pepper to taste**

Nutrition (US/Metric)

- **Protein:** 27%
- **Fat:** 46%
- **Net carbs:** 27%

Instructions

- **Prepare Filling:** In a small bowl, mix ricotta cheese with chopped herbs, garlic powder, salt, and pepper.
- **Stuff Peppers:** Spoon or pipe the ricotta mixture into each halved pepper.
- **Chill and Serve:** Chill in the refrigerator for about 30 minutes before serving to allow the flavors to meld.