



The Birkett Mills Recipes

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Entrées: Italian Peppers And Kasha Stuffing

A fresh take on a favorite recipe.

Serves: 4

Ingredients

- 1 tablespoon vegetable oil
- 1 1/2 cups chopped onions
- 1/2 cup diced carrot
- 8 ounces fresh white mushrooms, sliced (about 3 cups)
- 1 cup whole kasha
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 tablespoons chopped fresh dillweed or 2 teaspoons dried
- 1 cup crumbled feta cheese (about 5 ounces)
- 4 Italian frying peppers or 3 sweet green or red bell peppers, cut lengthwise in halves and seeded

Directions

In a large skillet over medium-high heat, heat oil. Add onions and carrot; cook and stir until onion is tender, about 5 minutes. Stir in mushrooms, kasha, salt and black pepper. Cook and stir until mushrooms are tender and kasha is lightly browned, about 5 minutes. Stir in 1 1/2 cups water and the dill; cover and simmer until water is absorbed, about 10 minutes.

Stir in half of the feta. Spoon kasha mixture into each pepper half, dividing evenly. Sprinkle with remaining feta. Arrange peppers in a single layer in a microwaveable dish.

Add 1/2 cup water to the dish. Cover loosely with plastic wrap or waxed paper; microwave on high until peppers are tender, about 10 minutes. Let stand 3 minutes.

To bake: Preheat oven to 350°F. Arrange stuffed peppers in a single layer in an ovenproof casserole dish. Add 3/4 cup water to the dish. Cover tightly with foil. Bake until peppers are tender, about 30 minutes.

*If peppers do not fit dish, prepare recipe in two batches.