



# Baguette Stuffed with Bell Peppers and Cheese



*Colorful bell peppers are irresistible when wrapped in calcium-rich cheese and a toasty baguette. Round up the kids to hollow out the baguette and pack in the filling.*

- 1 teaspoon olive oil
- 1 ½ cups chopped red, yellow, and/or green bell pepper
- 1 cup chopped red onion
- 1 clove garlic, finely chopped or pressed
- 1 baguette (8 to 10 ounces)\*
- ¾ cup (3 ounces) shredded Provolone (plain or smoked), Fontina, Cheddar, or Colby cheese
- 2 tablespoons chopped fresh parsley
- ¾ teaspoon dried oregano leaves

Preheat oven to 375°.

1. Heat olive oil in large skillet over medium heat. Add chopped peppers, onion, and garlic. Cook, stirring occasionally, until onion is soft, 2 to 3 minutes. Remove from heat, cool slightly.
2. Slicing lengthwise, cut off top ⅓ of baguette. Hollow out inside of bottom of baguette, leaving a shell of about ½-inch. (Reserve for breadcrumbs or another use.) Place top and bottom of loaf, cut sides up, on foil-lined baking sheet. Bake 5 to 8 minutes or until crisp. Remove from oven and leave baguette shell on foil-lined pan.
3. Stir cheese, parsley, and oregano into pepper mixture. Pack firmly into bottom baguette shell. Place top on stuffed baguette. Bring up foil and wrap tightly around baguette. Return to oven for 15 to 20 minutes, until cheese melts. Cut into slices about 1½ inches thick.

\*Or 2 petite baguettes, about 4 ounces each. Or one 16-inch (10-ounce) brown-and-serve loaf. Hollow out loaf as directed; increase baking time to 15 minutes or until light brown and crisp. Fill and bake as directed.

*Prep time: 30 minutes • Cook time: 20 minutes • Makes: 4 servings*

## Variations:

**Mix-Ins:** Stir in ¼ cup chopped lean ham, chopped well-drained kalamata olives, or sun-dried tomatoes along with cheese.

**Spicy Pepper:** Use Pepper Jack cheese instead of Provolone.

**Garlic Lover:** Rub a fresh clove of peeled garlic on the inside of the toasted loaf before filling.

## Cook's Tips:

- If you have fresh herbs handy, use 3 to 4 tablespoons chopped fresh oregano, marjoram, or basil instead of the dried oregano and parsley.
- This is prettiest with a mix of colored bell peppers.

## Nutrients per serving:

Calories	267
Protein	11 g
Total Fat	9 g
(Saturated Fat	5 g)
Carbohydrate	37 g
Calcium	240 mg
Cholesterol	15 mg
Fiber	3 g
Sodium	471 mg