



## Cheesy Faux-sotto Stuffed Peppers



**Developed by Hungry Girl; brought to you by [Green Giant](#). For coupons, [click here](#)!**

1/4th of recipe (1 stuffed pepper half): 140 calories, 8g total fat (4g sat fat), 540mg sodium, 11g carbs, 3.5g fiber, 6g sugars, 7g protein

**Green Plan [SmartPoints](#)® value 4\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 4\***

**Purple Plan [SmartPoints](#)® value 4\***

**Prep:** 10 minutes    **Cook:** 30 minutes



### Ingredients

2 large bell peppers  
1 bag [Green Giant Riced Veggies Cauliflower Risotto Medley](#)  
1/3 cup light/reduced-fat cream cheese  
2 tbsp. plus 2 tsp. grated Parmesan cheese  
2 tbsp. light whipped butter/light buttery spread  
2 tsp. chopped garlic  
1 tsp. onion powder  
1/2 tsp. salt  
1/4 tsp. black pepper  
Optional topping: chopped scallions

### Directions

Preheat oven to 350 degrees. Spray an 8" X 8" baking pan with nonstick spray.

Halve bell peppers. Remove and discard seeds and stems. Place pepper halves in the pan, cut side up.

Bake until soft, 25 - 30 minutes.

Meanwhile, microwave unopened bag of Green Giant Riced Veggies Cauliflower Risotto Medley (standing up) for 5 - 6 minutes, or until hot.

Let stand 1 minute in the microwave. Carefully remove bag, and avoid steam when opening.

In a large bowl, combine cream cheese, 2 tbsp. Parm, butter, garlic, onion powder, salt, and black pepper. Stir until mostly smooth and uniform.

Transfer microwaved veggie medley to the bowl. Stir until cream cheese mixture has coated the veggies. Cover to keep warm.

Blot away excess moisture from bell pepper halves. Fill with risotto mixture, and top with remaining 2 tsp. Parm.

**MAKES 4 SERVINGS**

**SmartPoints**® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.