



STUFFED POINTED PEPPERS



Time
20min



Servings
4

Calcium Recommended Daily Intake
13%

Calories
460

Calcium
177mg

Protein
11g

Vitamin D
0 IU

Ingredients

- 500 g baby spinach
- 1 garlic glove
- 1 onion
- 2 tbsp olive oil
- Salt, freshly ground pepper
- 4 red pointed peppers, approx. 500 g
- 220 g creamy herder's cheese
- 100 g Sunsweet prunes
- 60 g walnut kernels

Instructions

1. Preheat oven (electric oven: 180 °C/ fan: 160 °C)
2. Wash the baby spinach thoroughly. Peel and chop the garlic and onion. Sauté in hot olive oil until translucent, add baby spinach and stir to combine. Season with salt and pepper.
3. Cut the pointed peppers in half lengthwise, remove the seeds and place on a baking tray lined with baking paper. Finely dice the herder's cheese, halve the prunes crosswise, roughly chop the walnuts, mix everything with the spinach and fill into the pointed peppers.
4. Bake for 15-20 minutes in a preheated oven.



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<https://www.osteoporosis.foundation/patients/recipes>

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