

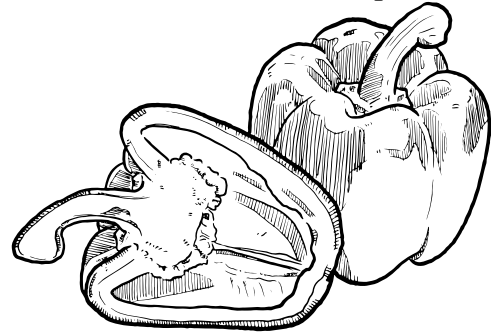
Shrimp Stuffed Bell Peppers

Submitted by Kathleen Powers, Nativity Catholic Church



INGREDIENTS:

- 1 small onion, minced
- 1 large clove garlic, minced
- 1-1/2 lb. shrimp, peeled, deveined, and chopped (or use small salad cooked shrimp)
- 1 tablespoon olive oil
- 1 cup breadcrumbs
- 1/3 cup Parmesan cheese, grated
- 1 egg
- 1-1/2 teaspoon oregano
- 1 teaspoon salt
- 1/4 teaspoon black pepper or 1/8 teaspoon red pepper
- 3 bell peppers, split with seeds and membrane removed



Breadcrumb Topping

- 2 tablespoons melted butter
- 1/2 cup plain breadcrumb

DIRECTIONS

Preheat oven to 350 degrees.

Saute onions, garlic, and shrimp in oil. Add breadcrumbs, cheese, egg, and seasoning. Mix well.

Cut peppers in half lengthwise. Remove stems and seeds.

Parboil until skins turn a little dull in color; they should still be firm.

Stuff bell pepper halves with the shrimp mixture and place in baking dish.

Mix melted butter and breadcrumbs to create the breadcrumb topping.

Spread about 1 tablespoon topping on each stuffed pepper half.

Bake for 30 to 35 minutes.