



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

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

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here](#).

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

