



## Fresh Stuffed Peppers

### Instructions:

Chop the stem off the peppers and de-seed.

Place the peppers face up in a bowl for stuffing.

Stuff each pepper with 1 flat TBSP. of cottage cheese, then stuff each pepper with one olive.

**Counts as 1 snack**

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**Prep Time:**

5 minutes

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**Cook Time:**

n/a

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**Ingredients:**

6 small tricolored peppers

1/3 cup low-fat cottage  
cheese

6 olives