



## Colorful Bell Peppers

Bell peppers are available in a rainbow of colors from green to red to purple. All bell peppers start out green. They change their color as they mature. This change in color also indicates a sweeter bell pepper. They make a sweet and colorful addition to salads, stir-fries and sauces.

6. Turn once about 7 minutes into cooking. Sweet potatoes are done when they are fork tender. Store any leftovers in an airtight container in the refrigerator for up to 3 days.

### Tip

Purchase sweet potatoes already peeled and ready to cook! If you use this technique with frozen potatoes, it will help them remain crispy. The blanching and parchment paper all help to prevent soggy fries. Make sure not to crowd the baking sheet with too many potatoes. If they are too close, they steam each other and then become soggy.

## Lentil-Stuffed Green Peppers

Makes 4 stuffed peppers

2 cups gluten-free pasta sauce  
4 green bell peppers  
1 recipe Lentils and Brown Rice (see recipe on right)  
4 slices mozzarella cheese

1. Preheat oven to 350°F.
2. Spread  $\frac{1}{2}$  of the pasta sauce in the bottom of an 8-inch square pan.
3. Remove stems, seeds, and membranes from green peppers. Stuff peppers with lentil mixture.
4. Top peppers with cheese. Spread remainder of sauce over peppers.
5. Bake for 40 minutes.

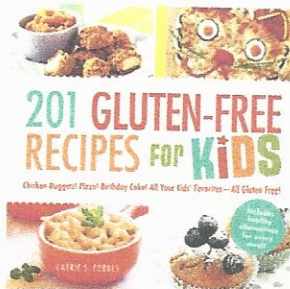
This entrée is packed with vitamin C and protein, and it's a crowd-pleaser with family members of all ages.

## Lentils and Brown Rice

Makes 3 cups

$\frac{1}{2}$  cup dried lentils  
1 cup short-grain brown rice  
2 cups gluten-free vegetable broth, such as Kitchen Basics brand  
 $\frac{1}{8}$  teaspoon cumin  
2 tablespoons butter or coconut oil

1. Rinse and pick over lentils.
2. Combine lentils and rice in a medium saucepan.
3. Add gluten-free vegetable broth, cumin and butter. Bring to a boil.
4. Cover and reduce heat to a simmer. Cook 40 minutes until liquid has been absorbed and lentils are soft. Store any leftovers in an airtight container in the refrigerator for up to 3 days.



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