

John Henry Red Cap Stuffed Peppers

1 teaspoon canola oil
1 teaspoon lemon zest
1 onion, finely chopped
½ teaspoon ground pepper
½ cup chicken broth
1/8 teaspoon salt
½ cup John Henry 3 Lick Spiker Ale

2 red bell peppers, seeded cut in half top to bottom
1/3 cup whole grain wheat
1/3 cup long grain white rice
¼ cup canned chickpeas (drained)
½ cup parsley, finely chopped
1 ounce feta cheese, cubed

(1) Preheat the oven to 350 F. Spray an 8 X 12 inch baking dish with nonstick spray. Heat the oil in a large nonstick saucepan, then add the onion. Sauté until translucent, about 3-5 minutes.

(2) Add broth and John Henry 3 lick Spiker Ale, whole wheat, rice; bring to a boil. Reduce the heat and simmer, cover until the wheat and rice are tender, and all of the liquid is absorbed, about 20 minutes. Stir in the chickpeas, parsley, lemon zest, ground pepper and salt.

(3) Spoon the whole wheat mixture into the bell pepper shells and arrange them on the baking dish. Cover tightly with foil and bake until the bell peppers are softened and the filling is heated through about 30 minutes.

(4) Remove the baking dish from the oven and preheat the broiler. Remove the foil from the baking dish. Push the cheese cubes part-way through the filling and broil 5 inches from the heat until the cheese is lightly browned, 2 to 3 minutes.

Serve with a snifter glass of John Henry 3 Lick Spiker Ale.