



SIMPLE, FRESH FARM BOX MEALS

AUG 22, 2022

Simple recipes so we can eat well & support local agriculture

Vegan & Traditional Buffalo Chicken Stuffed Banana Peppers

INGREDIENTS & INSTRUCTIONS

Vegan Buffalo & Artichoke Stuffed Banana Peppers

- 2 C Raw Cashews
- 1 C water
- 3 tbs lemon juice
- 1 ½ tsp salt
- 2 tsp garlic powder
- 2 tsp onion powder
- 1 C your favorite buffalo sauce
- 14 oz artichoke hearts - If using canned make sure its in water
NOT OIL

Instructions

- Preheat oven to 375°F
- Soak the cashews: Heat up about 3 cups of water and pour boiling hot water over the cashews and let them soak for 5 minutes. Drain them when ready to blend.
- In a high-powered blender, add drained cashews after soaking, 1 cup fresh water, lemon juice, salt, garlic powder, and onion powder. Blend until very smooth, then add your buffalo sauce and about 5 oz of your artichoke hearts blend roughly until mixed.
- Rough chop the remainder of your artichoke hearts and gently fold into the creamy mixture. This is for more of a chicken style texture. Transfer to an oven safe dish & bake for 25-30 minutes. Spoon mixture in to banana pepper halves and place on prepared pan. Bake for 15 minutes or until peppers are softened. Drizzle with additional hot wing sauce and serve.

Traditional Buffalo Chicken Stuffed Banana Peppers

- 1 ½ C chopped cooked chicken
- 1(8oz) package cream cheese - softened
- 1 C shredded parmesan cheese
- 1-2 tbs buffalo sauce
- ½ tsp salt
- 4 or more banana peppers - halved & seeded
- More buffalo sauce for topping the peppers

Instructions

- Preheat oven to 400°F Line rimmed baking sheet with parchment paper
- In a medium bowl stir together chicken, cream cheese, shredded parmesan cheese, buffalo sauce, salt & pepper to taste. This next step is optional if you want to bake the dip before spooning into your banana peppers
- Spoon mixture in to banana pepper halves and place on prepared pan. Bake for 15 minutes or until peppers are softened. Drizzle with additional hot wing sauce and serve.

Chef Tips

- Top with green onion, crumbled bacon, bread crumbs, toasted nuts, vegan cheese, fried shallots, or any of your favorite toppings!
- Adding a dash of liquid Amino or Worcestershire to your filling adds a little extra zing.



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