

QUINOA STUFFED PEPPERS

Yield: 4 Servings



TOTAL TIME: 25 minutes prep, 1 hour baking

INGREDIENTS

- 1 medium onion, finely chopped
- 2 Tbsp. olive oil
- 2 stalks celery, finely chopped
- 1 Tbsp. ground cumin
- 2 cloves garlic, minced
- 10 oz. package frozen chopped spinach, thawed and squeezed dry
- 2-15 oz. cans diced tomatoes, no added salt, drained, reserve liquid
- 15 oz. can black beans, drained and rinsed
- $\frac{3}{4}$ cup quinoa
- 3 large carrots, grated
- 1 cup grated pepper jack cheese, divided
- 4 large bell peppers, red, green or yellow, halved lengthwise, seeds and ribs removed
- Salt and pepper to taste

PREPARATION

Preheat oven to 350 degrees.

1. In saucepan, heat oil over medium heat. Add onion and celery and cook until soft, about 3 min. Add cumin and garlic; sauté about 1 min. Stir in spinach and drained tomatoes. Cook for 5 min., or until most of the liquid has evaporated.
2. Stir in black beans, quinoa, carrots, and two cups water. Cover and bring to a boil. Reduce heat to medium-low and simmer until quinoa is tender, about 20 min. Remove from heat and stir in $\frac{1}{2}$ cup of cheese. Season with salt and pepper if desired.
3. Pour the liquid from tomatoes into the bottom of a large baking dish. Arrange pepper halves in the dish, cut sides up. Fill peppers with quinoa mixture. Cover dish with foil and bake for 45 min.
4. Remove pan from oven and remove foil. Sprinkle with remaining cheese and bake uncovered for another 15 min., or until tops of peppers are browned.
5. Let stand 5 min. before serving.

NUTRITION

Per serving: Calories: 256; Fat: 8 g (3 g saturated fat); Cholesterol: 9 mg; Carbohydrates: 36 g; Protein: 12 g; Sodium: 323 mg.

Recipe courtesy of Vegetarian Times