



## Quinoa-Stuffed Peppers

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This dish freezes well for future meals. Quinoa provides whole-grain goodness and a serving of protein.



### Ingredient List

Serves 8

- 1 medium onion, finely chopped (1 cup)
- 2 Tbs. olive oil
- 2 ribs celery, finely chopped (1/2 cup)
- 1 Tbs. ground cumin
- 2 cloves garlic, minced (2 tsp.)
- 1 10-oz. pkg. frozen chopped spinach, thawed and squeezed dry
- 2 15-oz. cans diced tomatoes, drained, liquid reserved
- 1 15-oz. can black beans, rinsed and drained
- 3/4 cup quinoa
- 3 large carrots, grated (1 1/2 cups)
- 1 1/2 cups grated reduced-fat pepper Jack cheese, divided
- 4 large red bell peppers, halved lengthwise, ribs removed

### Directions

1. Heat oil in saucepan over medium heat. Add onion and celery, and cook 5 minutes, or until soft. Add cumin and garlic, and sauté 1 minute. Stir in spinach and drained tomatoes. Cook 5 minutes, or until most of liquid has evaporated.
2. Stir in black beans, quinoa, carrots, and 2 cups water. Cover, and bring to a boil. Reduce heat to medium-low, and simmer 20 minutes, or until quinoa is tender. Stir in 1 cup cheese. Season with salt and pepper, if desired.
3. Preheat oven to 350°F. Pour liquid from tomatoes in bottom of baking dish.
4. Fill each bell pepper half with heaping 3/4-cup quinoa mixture, and place in baking dish. Cover with foil, and bake 1 hour. Uncover, and sprinkle each pepper with 1 Tbs. remaining cheese. Bake 15 minutes more, or until tops of stuffed peppers are browned. Let stand 5 minutes. Transfer stuffed peppers to serving plates, and drizzle each with pan juices before serving.

### Nutritional Information

**Per 1/2 stuffed pepper:** Calories: 279, Protein: 14g, Total fat: 10g, Saturated fat: 3g, Carbs: 36g, Cholesterol: 15mg, Sodium: 518mg, Fiber: 10g, Sugars: 9g