

## QUINOA STUFFED BELL PEPPERS

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### Ingredients:

- 8 bell peppers, mixed colors, tops cut away and seeds removed
- 1 cup quinoa
- 1 cup diced onions
- 1 tablespoon minced garlic
- Extra virgin olive oil
- Salt and pepper to taste
- 2 cups chicken or vegetable stock
- 1 small eggplant, chopped
- Pinch of red pepper flakes
- 1 small zucchini, seeded and chopped
- ½ cup flat parsley leaves, chopped
- ¼ cup fresh mint leaves, chopped
- 2 plum tomatoes, chopped
- 1 cup crumbled feta

### Directions:

- Pre-heat oven to 450 degrees.
- Bring quinoa and stock to a boil. Simmer until liquid is absorbed and grain looks translucent, about 15 minutes. Fluff with a fork.
- Drizzle inside of bell peppers with olive oil and lightly sprinkle with salt and pepper on inside.
- Roast bell peppers, open side down, for about 20 minutes. Let cool to room temperature, then arrange in baking dish cut side up and set aside.

- Heat 3 tablespoons of olive oil in a pan over medium high heat. Add garlic, onions, eggplant and zucchini. Season with salt and pepper and cook until tender (about 10 minutes).
- Add herbs, red pepper flakes and tomatoes and combine with quinoa.
- Fill each bell pepper with quinoa mixture. Drizzle top with olive oil and roasted stuffed peppers at 375 degrees, until peppers are cooked through.
- Garnish with feta crumbles and serve.
- Enjoy!!!

**Disclaimer:** It is the reader's responsibility to check the instructions provided, and to determine nutritional value and any possible medical condition that may arise from the consumption of the ingredients listed.