

Quinoa Stuffed Bell Peppers

Prep Time: 25 minutes

Serving: 4

Ingredients:

- 4 large bell peppers (any color)
- 1 cup quinoa, rinsed
- 2 cups vegetable broth (gluten-free)
- 1 tablespoon olive oil
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- 1 zucchini, diced small
- 1 cup mushrooms, chopped
- 1 teaspoon paprika
- ½ teaspoon cumin
- 1 teaspoon salt
- 1 can (15 oz) diced tomatoes (no added sugar)
- 1 cup shredded mozzarella cheese (optional, omit for dairy-free)

Instructions:

1. Preheat oven: Set to 375°F (190°C).

2. Prepare peppers: Slice off the tops, remove seeds and membranes. Stand them upright in a baking dish.
3. Cook quinoa: In a medium pot, combine quinoa and vegetable broth. Bring to a boil, then reduce to low heat, cover, and cook for 15 minutes until liquid is absorbed. Fluff with a fork.
4. Make the filling: Heat olive oil in a skillet over medium heat. Add onion and sauté 3 minutes. Add garlic, zucchini, and mushrooms; cook until softened (about 5 minutes). Stir in paprika, cumin, salt, diced tomatoes (with juice), and cooked quinoa. Mix well.
5. Fill the peppers: Spoon the mixture into each pepper, packing it down lightly. Top with cheese if using.
6. Bake: Cover with foil and bake for 30 minutes. Remove foil and bake another 10 minutes to melt and brown the cheese.
7. Serve hot.

Benefits:

- Quinoa provides all nine essential amino acids.
- Peppers are rich in vitamin C and antioxidants.
- Gluten-free and high in fiber.