

# Quinoa Stuffed Peppers



## Ingredients

1 Tbsp olive oil	2 cans diced tomatoes, drained, liquid reserved (15 oz)
1 medium onion, diced	3/4 cup uncooked quinoa
2 celery ribs, finely chopped (1/2 cup)	3 large carrots, grated
1 Tbsp ground cumin	2 cups water
2 cloves garlic, minced	4 large red bell peppers, halved lengthwise, ribs removed
1 10 oz package frozen chopped spinach thawed and squeezed dry	
1 can black beans, rinsed and drained (15 oz)	

## Instructions

Instructions: Heat 1 Tbsp olive oil in pan over medium heat. Add onion and celery and cook 5 minutes or until soft. Add cumin and garlic and saute 1 minute. Stir in spinach and drained tomatoes. Cook 5 minutes or until most of liquid has evaporated. 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. Season with salt and pepper if desired (not included in nutritional analysis). Preheat oven to 350 degrees. Pour liquid from tomatoes into bottom of baking dish. Fill each bell pepper half with heaping 3/4 cup of quinoa mixture and place in baking dish. Cover with foil and bake 1 hour. Bake 15 minutes more. Let Stand 5 minutes. Transfer stuffed peppers to serving plates and drizzle each with pan juices before serving.

## Nutrition Information Per Serving

Serving Size: 1/2 pepper

Serves 8

Calories: 190

Fat: 3.5 gm

Sodium: 240 mg

Fiber: 8 gm

Carbohydrates: 31 gm

Protein: 10 gm