

# Quinoa Stuffed Red Peppers



- 2 cups **cooked quinoa**
- 2 *Tablespoon olive oil*
- 1 *cup sweet onion, diced*
- 3 **garlic cloves, minced**
- 2 *cups mushrooms, sliced into bite-sized pieces*
- 4 *cups fresh spinach, roughly chopped*
- 4 **large red bell peppers**
- 2 *teaspoon cumin*
- 1 *teaspoon turmeric*
- 1 *teaspoon ginger*
- 1 *teaspoon cinnamon*
- 1/2 *teaspoon salt*
- 1 *Tablespoon fresh lemon juice*
- 1/4 *cup shredded Parmesan*

- 1 Preheat oven to 350F.
- 2 In a large skillet, heat olive oil. Add onions and sauté until softened, about 5 minutes. Add garlic and mushrooms and sauté another 5 minutes.
- 3 Cut the tops off the red peppers and scoop out any remaining membranes and seeds.
- 4 Add spinach and spices to the sauté. Stir continuously until spinach has become a dark green. Don't overcook! Remove from heat and combine sautéed vegetables with cooked quinoa in a large bowl. Add salt, lemon juice and toss.
- 5 Stuff peppers with mixture and place in a glass or ceramic baking dish with 1/2 inch water in bottom. Bake for 35 minutes or until peppers are soft. Sprinkle 1 tablespoon of cheese on each pepper and return to oven for 3-5 minutes.

Serves 4

## SEASONED COOK

Substitute the spinach with Swiss Chard or curly kale and sauté a few minutes longer. Sprinkle some cayenne into the sauté for added heat.

*Per serving:*  
287 calories,  
10g protein,  
39g carbohydrate  
(9g fiber), 11g fat  
(2g sat, 9g mono/poly),  
414mg sodium