

# Quinoa and Vegetable Stuffed Peppers



Ready in **1 hour 10 minutes**

Serves: **6**

**Total Calories Per Serving: 288**

**Protein: 10**

**Carbohydrates: 44**

**Fat: 10**

## Ingredients

- 6 Bell peppers, small mixed colors, seeded and halved
- Eggplant, small firm trimmed of half the skin, chopped
- ½ cup Flat-leaf parsley, fresh leaves chopped
- 4 cloves of garlic

- ¼ cup mint, fresh leaves chopped
- 2 plum tomatoes
- 1 red onion
- 1 zucchini, small to medium firm seeded and chopped
- 2 cups chicken stock (or vegetable)
- 1 cup quinoa
- 1 tsp dried crushed pepper
- 1 cup crumbled feta cheese
- 3 tbsp of olive oil and extra for drizzling

## Preparation

1. Preheat the oven to 450 degrees F.
2. Bring the quinoa and stock to a boil. Cover and simmer until liquid is absorbed and grain looks translucent (~12-15 minutes). Fluff with a fork.
3. Drizzle the bell pepper halves with olive oil. Roast cut-side down until the skins begin to char and the peppers are just tender (~20 minutes). Remove from the oven and cool to room temperature, then arrange in a baking dish cut side up.
4. Heat 3 tbsp olive oil, 3 turns of the pain, over medium-high heat. Add the garlic, eggplant, zucchini, onions and crushed pepper. Cook partially covered to tender (~10-12 minutes). Add the herbs and tomatoes, and combine with the quinoa.
5. Fill the pepper halves with the quinoa and vegetable stuffing and drizzle with olive oil. Cook and chill for a make-ahead meal. To serve, roast in a 375 degree F oven until the peppers are hot through.
6. Top with feta cheese and serve.

