

RECIPE

Vegetable and Quinoa Stuffed Bell Peppers



Ready in **60 minutes**

Serves **4 people**

Ingredients

- Bell peppers - 4
- Quinoa, cooked - 1 cup
- Black beans, drained and rinsed - 1 can
- Corn kernels - 1 cup
- Diced tomatoes - 1 cup
- Diced red onions - ½ cup
- Cumin - 1 tsp
- Olive oil - 2 tbsp
- Salt and chilli powder to taste

Preparation

Preheat the oven to 375°F (190°C) and line a baking dish with parchment paper.

Cut the tops off the bell peppers and remove the seeds and membranes. Leave the tops aside.

In a large bowl, combine the cooked quinoa, black beans, corn, diced tomatoes, red onion, cumin, chili powder, salt, and pepper. Drizzle with olive oil. Mix well.

Stuff the bell peppers with the quinoa mixture and place them in the prepared baking dish. Place the tops back on the peppers. Brush the peppers with olive oil.

Cover the dish with foil and bake for 30-40 minutes, or until the peppers are tender.

Remove the foil and bake for an additional 10 minutes to lightly brown the tops.

Serve the stuffed peppers with your choice of toppings such as cilantro, avocado, and lime wedges.