

Mediterranean Quinoa-Stuffed Red Peppers

Servings: 4

Prep Time: 15 minutes

Cook Time: 30–35 minutes

Ingredients:

- 4 whole red bell peppers (tops sliced off, seeds and membranes removed)
 - 1 cup quinoa, rinsed
 - 2 cups vegetable broth or water
 - 1 tbsp olive oil
 - 1 small onion, finely chopped
 - 2 cloves garlic, minced
 - 1 cup cherry tomatoes, halved
 - 1/2 cup zucchini or cucumber, diced (optional, cucumber for topping only)
 - 1/2 cup crumbled feta cheese (optional, for Mediterranean flavor)
 - 1/4 cup kalamata olives, chopped (optional)
 - 1/4 cup fresh parsley or basil, chopped
 - 1 tsp oregano
 - Juice of 1/2 lemon
 - Salt & black pepper to taste
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Instructions:

1. Preheat oven to 375°F (190°C).

2. Cook quinoa:

In a pot, bring 2 cups vegetable broth or water to a boil. Add quinoa, reduce heat, cover, and simmer for 15 minutes or until liquid is absorbed. Fluff with a fork and set aside.

3. Prepare filling:

In a large skillet, heat olive oil over medium heat. Sauté chopped onion until soft (3–4 minutes). Add garlic and cook 1 minute more.

4. Add cherry tomatoes and zucchini (if using). Cook for 2–3 minutes until softened. Stir in cooked quinoa, olives, parsley, oregano, lemon juice, and season with salt and pepper. Mix well. Remove from heat and fold in feta (if using).

5. Stuff the peppers:

Spoon the quinoa mixture into each hollowed red pepper. Place them upright in a lightly greased baking dish. Cover with foil.

6. Bake:

Bake for 30 minutes. Remove foil and bake an additional 5 minutes if you want a slightly roasted top.

7. Serve warm, optionally garnished with more herbs, a dollop of Greek yogurt, or a drizzle of tahini-lemon sauce.

