



HEALTHY
quinoa
STUFFED BELL PEPPERS
DAMNDELICIOUS.NET



QUIONA STUFFED BELL PEPPERS

INGREDIENTS:

3 cups cooked quinoa
1 (4-ounce) can green chiles
1 cup corn kernels
1/2 cup canned black beans, drained, and rinsed
1/2 cup petite diced tomatoes
1/2 cup shredded pepper jack cheese
1/4 cup crumbled feta cheese
3 tablespoons chopped fresh cilantro leaves
1 teaspoon cumin
1 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 teaspoon chili powder, or more to taste
Kosher salt and freshly ground black pepper, to taste

DIRECTIONS:

Preheat oven to 350 degrees F. Line a 9×13 baking dish with parchment paper.

In a large bowl, combine quinoa, green chiles, corn, beans, tomatoes, cheeses, cilantro, cumin, garlic, onion and chili powder, salt, and pepper, to taste.

Spoon the filling into each bell pepper cavity. Place on prepared baking dish, cavity side up, and bake until the peppers are tender, and the filling is heated through, about 25-30 minutes.

Serve immediately.