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Vegetarian Quinoa Stuffed Peppers

yield: **8 SERVINGS**

prep time: **40 MINUTES**

total time: **1 HR+ 15 MIN**



INGREDIENTS:

- 1 cup quinoa (sprouted or rinsed)
- 2 cups vegetable broth
- 4 large red bell peppers (any bell peppers will do, I like the flavor of red, orange or yellow for this recipe)
- 1 can of corn, rinsed and drained
- 1 can of black beans, rinsed and drained
- $\frac{3}{4}$ cup chunky salsa (any salsa works)
- Juice from 1 lime
- 1 tsp garlic powder
- 1 tsp chili powder
- 1 tsp oregano
- 2 tsp ground cumin
- $\frac{1}{2}$ cup shredded cheese (to sprinkle on the top)
- 1 ripe avocado (optional)
- Fresh cilantro (also optional)
- Salt and pepper

EQUIPMENT:

- Cutting board
- Chef's Knife, sharp
- Pot (to cook quinoa)
- Rimmed baking sheet or 9x13 baking dish
- 1 large mixing bowl

DIRECTIONS:

1. Add quinoa and vegetable broth to pot and bring to boil. Once boiling, reduce heat and simmer for about 20 minutes or until all liquid is absorbed. Set quinoa aside. Keep lid on pot for fluffier quinoa.
2. Preheat oven to 375 degrees F and lightly grease pan with oil. Cut bell peppers in half. Remove seeds. Coat the inside and outside of each halved pepper with oil and place in baking dish (I like to use melted coconut oil to give the peppers some extra flavor).
3. Mix quinoa, corn, black beans and salsa in a large bowl. Add lime juice and spices. Combine well. Add salt, pepper and more spices if desired.
4. Stuff halved peppers with quinoa mixture. Cover with foil. Cook for 30 minutes. Remove peppers from the oven and remove foil. Sprinkle each stuffed pepper with shredded cheese and place back in oven for an additional 15-20 minutes or until peppers are soft and cheese is completely melted.
5. Top with avocado slices and fresh cilantro. Enjoy!