



# Quinoa Stuffed Peppers

*A unique dish that's less common in restaurants is stuffed bell peppers. Stuffed peppers offer you the freedom to tweak them to your own liking. This recipe is vegetarian, however feel free to use ground beef or chicken instead.*

*Tip: Don't overstuff the peppers; the quinoa mixture should divide evenly amongst them.*

**Prep: 10 minutes • Total: 45 minutes**

## Ingredients:

Red/green/yellow pepper	4 each	4 each
Cooked quinoa	2 cup	500 mL
Green onion, chopped	½ cup	125 mL
Garlic, chopped	3 cloves	3 cloves
Carrot, shredded	1 large	1 large
Chives, copped	2 Tbsp	30 mL
Fresh basil	2 Tbsp	30 mL
Lemon juice	1 Tbsp	15 mL

## Directions:

1. Preheat the oven to 375°F.
2. Cut off and reserve the tops of the peppers. Scoop out and discard seeds.
3. In a large bowl combine the quinoa, onion, garlic, carrot, chives, basil and lemon juice.
4. Stuff each pepper with quinoa mixture and place the reserved tops back on top of each pepper.
5. Gently place the peppers into a glass baking dish and bake for 30 minutes. If the peppers begin to burn on the bottom add 2 Tbsp of water into the dish.

\*Note: Nutrition analysis is based on the use of 2 red peppers and 2 yellow peppers.

## Nutrition Facts

Serving Size (263g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 130	Calories from Fat 15
% Daily Value*	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 4g	
<b>Protein</b> 4g	
Vitamin A --%	Vitamin C 480%
Calcium 4%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**Adapted from:**  
NutritionRx in partnership with  
Chef Lindsay Sferrazza

**Makes 4 servings ( 263 g / serving ) • 1 serving = 1 stuffed pepper**

**Prepared By:** Jennifer Broxterman, Registered Dietitian & Shannon Smith, BScFN Foods & Nutrition student  
**NutritionRx • Email:** info@nutritonrx.ca • **Phone:** (519) 520-9549 • **Website:** www.nutritionrx.ca