

Title: Mexican Quinoa Stuffed Peppers

<u>Code</u>
GF, Q

<u>Nutrition Facts:</u>	
Yield	6
Calories	366
Total Fat	6 g
Sat Fat	3 g
Sodium	616 mg
Added Sugar	0 g
Carbohydrates	27g
Fiber	5g
Protein	28g

Ingredients Needed:

- 6 medium bell peppers (any color), remove tops and cores
- 1 package Morningstar Farms Chipotle Black Bean Crumbles, cooked, or 1 lb lean ground beef, cooked
- 3 cups cooked quinoa
- 2 cups pepper jack cheese, shredded
- 1 cup salsa
- optional toppings: chopped fresh cilantro, diced avocado, and corn



Recipe Directions:

- Prepare black bean crumbles or beef and quinoa according to packages.
- Preheat oven to 350 degrees F. Arrange the peppers in a 9 x 13-inch baking dish and face peppers open side up.
- In a large mixing bowl, stir together the black bean crumbles or beef, quinoa, 1 1/2 cups shredded cheese and salsa. Spoon the mixture evenly into the bell peppers. Sprinkle the tops with the remaining 1/2 cup cheese.
- Bake uncovered for about 25-30 minutes, or until the peppers are cooked, soft and the cheese is all melted. Top with optional toppings, if desired and serve immediately.