

FETA CHEESE, QUINOA, STUFFED PEPPERS

Prep 15 min | Cook time 30 min

Ingredients

- 4 large bell peppers
- 1 cup precooked rice
- 1 cup precooked quinoa
- 2 tablespoons oil
- 1 cup chopped onion or leek
- 2 garlic cloves, finely chopped
- 1 cup chopped veggies (optional)
- Salt and pepper
- Seasonings of your choice
- ¼ cup fresh chopped parsley and / or cilantro
- ½ cup feta cheese
- ½ cup pine nuts
- ½ cup freshly grated parmesan cheese



Directions:

Preheat oven to 375F. Cut the top of the pepper off (like you would when carving a pumpkin for Halloween). Blanch in a pot of boiling water for 5 minutes (this step can be skipped if you want a crunchier version). Remove and drain upside down. Sauté the onion and garlic until translucent (can add veggies here if you like). Add any seasoning you prefer plus salt and pepper to taste. Mix with the rice, parsley, cilantro, feta cheese, and pine nuts and stuff into the peppers. Top with a light sprinkle of parmesan cheese and bake until the cheese is golden in colour (~20min).

- Vegetarian
- Gluten free
- High fiber
- Antioxidant rich