

## Stuffed Peppers

Serves 4–6

½ cup quinoa (dry)  
2 TBSP olive oil  
1 onion, diced  
3 garlic cloves, minced  
½ lb mushrooms, sliced  
1 cup spinach, roughly chopped  
1 TBSP tomato paste  
2–3 tomatoes, diced  
½ teaspoon dried oregano, rubbed  
½ teaspoon Kosher salt  
½ teaspoon freshly ground black pepper  
¼ bunch flat leaf parsley, chopped  
1 can chickpeas, rinsed and drained  
1 cup Monterey jack or cheddar/jack cheese, shredded  
6 bell peppers, any color, stem remove and halved lengthwise

Preheat oven to 350°.

Rinse quinoa in a fine meshed sieve until soapy bubbles disappear.

In a medium saucepan, bring 2 cups of water (or broth) and a pinch of salt to a boil. Add quinoa. Reduce heat to a simmer. Cover. Cook for 15 minutes. Remove from heat and let sit, covered, for about 15 minutes. Drain off any excess liquid. Set aside.

In a large skillet, heat olive oil over medium-high heat. Cook onion until soft. Add garlic and cook until fragrant, about 1 minute. Add mushrooms and cook until liquid has evaporated. Add spinach and cook until just wilted. Remove from heat.

Combine onion mixture, quinoa, tomato paste, diced tomatoes, oregano, salt, pepper, parsley and chickpeas and stir well to combine. Season with salt and pepper. Add cheese and stir to combine.

Loosely mound vegetable-cheese mixture into each pepper half.

Spray a 9" x 13" baking dish with cooking spray.

Place pepper halves, skin side down in baking dish and bake until pepper is soft, mixture is heated through, and cheese is melted, about 20 minutes.

**Nutrition Information per Serving** Calories 358.3; Fat 18.3 g; Saturated Fat 8.1 g; Sodium 628.7 mg; Fiber 7.3 g; Sugars 10.6 g; Added Sugars 0 g; Protein 16.7 g