

Healthy Food for a Wealthy Mood



Roasted Bell Peppers Stuffed With Quinoa

Ingredients

- 1 tbs extra-virgin olive oil, plus more for oiling the pan
- 1 red onion, chopped
- ½ pound sliced mushrooms
- 1 c chopped carrots
- 6 bell peppers, seeded and chopped; tops removed and reserved
- ½ c chopped parsley
- ¼ pound baby spinach
- 1 ½ tsp ground cinnamon
- ¾ tsp ground cumin
- 1 c uncooked quinoa, rinsed and cooked according to package direction
- ¼ teaspoon fine sea salt
- ½ c roasted cashews

Directions

Heat oil in a large skillet over medium high heat. Add onion and cook, stirring occasionally until transparent, 8 to 10 minutes. Add mushrooms and cook until softened, 4 to 5 minutes more. Add carrots and chopped peppers, cook until just softened, then add parsley and spinach (in batches, if needed). Let spinach wilt then stir in cinnamon, cumin and cooked quinoa and toss gently to combine. Add salt, pepper and cashews and cook 1 to 2 minutes more. Set aside to let filling cool until just warm.

Meanwhile, preheat the oven to 350°F. Lightly oil a 9x13-inch baking pan; set aside.

Divide quinoa mixture evenly among remaining 6 bell peppers, gently packing it down and making sure to fully fill each pepper. Top each pepper with its reserved top then arrange them upright in prepared pan. Cover snugly with foil and bake, checking halfway through, until peppers are tender and juicy and filling is hot throughout, about 1 hour. Transfer to plates and serve

Nutritional Information

Per Serving: Serving size: 1 pepper, 260 calories (90 from fat), 10g total fat, 1.5g saturated fat, 0mg cholesterol, 150mg sodium, 36g carbohydrate (7g dietary fiber, 6g sugar), 9g protein

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