



## Quinoa and Vegetable Stuffed Peppers

PREP TIME	TOTAL TIME	SERVES
25 Min	70 Min	6



Rachael Ray

Rachael Ray's Week in a Day

Enjoy this healthy dinner of bell peppers stuffed with a medley of quinoa and vegetables.

Per Serving: Calories 303; Total Fat 15 grams; Saturated Fat 5 grams; Protein 11 grams; Total Carbohydrate 34 grams; Sugar: 10 grams; Fiber 8 grams; Cholesterol 23 milligrams; Sodium 638 milligrams

### DIRECTIONS FOR: QUINOA AND VEGETABLE STUFFED PEPPERS

#### INGREDIENTS

- 1 cup quinoa
- 2 cups chicken or vegetable stock
- 6 bell peppers, mixed colors seeded and halved
- 3 Tbsp extra-virgin olive oil, plus extra for drizzling
- Salt and freshly ground black pepper
- 4 cloves garlic, thinly sliced
- 1 small firm eggplant, trimmed of half the skin, chopped
- 1 red onion, chopped
- 1 fresh chile pepper, such as Fresno, thinly sliced, or 1 teaspoon dried crushed pepper
- 1 small to medium firm zucchini, seeded and chopped
- ½ cup flat-leaf parsley leaves, chopped
- ¼ cup fresh mint leaves, handful chopped
- 2 plum tomatoes, chopped
- 1 cup crumbled feta

#### DIRECTIONS

1. Preheat the oven to 450°F.

2. Bring the quinoa and stock to a boil. Cover and simmer until the liquid is absorbed and the grain looks translucent, 12 to 15 minutes. Then fluff with a fork. You will have about 4 cups of cooked grain.
3. Drizzle the bell pepper halves with extra-virgin olive oil and season both sides with salt and pepper. Roast cut-side down until the skins begin to char and the peppers are just tender, about 20 minutes. Remove from the oven and cool to room temp, then arrange in a baking dish cut-side up.
4. Meanwhile, heat 3 tablespoons extra-virgin olive oil, 3 turns of the pan, over medium-high heat. Add the garlic, eggplant, onions and chiles, and season with salt and pepper. Cook partially covered to tender, 10 to 12 minutes. Add the herbs and tomatoes, and combine with the quinoa.
5. Fill the pepper halves with the quinoa and vegetable stuffing and drizzle with extra-virgin olive oil. Cool and chill for a make-ahead meal. To serve, roast in a 375°F oven until the peppers are hot through. Serve the pepper halves topped with lots of cheese crumbles.

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