

## Featured Recipe

### Quinoa Stuffed Peppers

Courtesy of Laura McKay

#### INGREDIENTS:

- 1 cup quinoa
- 2 cups water or beef broth
- 1 shallot
- 4 bell peppers (any color)
- 1 Tbsp. + 2 Tbsp. sesame seed oil
- ½ cup pine nuts, chopped



#### PREPARATION:

1. Preheat oven to 375 degrees.
2. Cook quinoa – place quinoa and liquid in 1 ½ quart saucepan. Bring to a boil.
3. Reduce to simmer, cover and cook until all liquid is absorbed (about 10-15 minutes). (Quinoa is done when the grain appears translucent and the ring is visible.)
4. While quinoa is simmering, cut up shallot and sauté in 1 Tbsp. sesame oil until soft.
5. Add to cooked quinoa.
6. Wash, cut tops off and remove seeds of bell peppers.
7. Fill quinoa stuffing into bell peppers and set into bake ware treated with remaining sesame oil.
8. Drizzle pine nuts on top of each pepper. Bake in oven for 15 minutes (longer if you want a softer pepper).

Serves 4

Options: Add cooked ground beef or sirloin to cooked quinoa mixture.  
In the quinoa mixture, can add diced bell pepper, peas, spinach or chickpeas.

Freeze any extra quinoa mixture. [Bon Appétit!](#)

*Balance is the hallmark of  
healthful eating habits.*