

QUINOA-STUFFED PEPPERS

Kids (and adults!) will love these colorful peppers

12 small to medium red, yellow or orange bell peppers
2 cups 2% cottage cheese, drained
1/3 cup freshly grated Parmesan cheese
1 cup quinoa, rinsed
2 tsp canola oil extra-lean
1 lb Extra lean ground beef
1 cup chopped onion
1 cup chopped mushrooms

2 cloves garlic, minced
1 1/2 cups tomato sauce
1/2 c. chopped/drained/canned water chestnuts
1/2 tsp dried oregano
1/2 tsp dried basil
1/2 tsp Freshly ground black pepper
1/2 cup shredded Cheddar cheese

1. Preheat oven to 375°F (190°C)
2. Remove the stem and seeds from peppers. Make an opening at the top of each pepper large enough to allow you to fill the pepper. Set peppers aside.
3. In a small bowl, combine cottage cheese and Parmesan; set aside.
4. In a medium saucepan with a tight-fitting lid, combine quinoa and 2 cups (500 mL) water; bring to a boil over high heat. Reduce heat to low, cover and simmer for 15 minutes or until liquid is absorbed. Remove cover and let cool for 5 minutes. Fluff with a fork. Set aside.
5. Meanwhile, in a large nonstick skillet, heat oil over medium-high heat. Cook beef, breaking it up with the back of a spoon, for about 8 minutes or until no longer pink. Using a slotted spoon, transfer beef to a bowl and set aside. Drain off all but 2 tsp (10 mL) fat from the pan.
6. Reduce heat to medium. Add onion and mushrooms to the skillet and sauté for 4 to 5 minutes or until onion is softened. Add garlic and sauté for 30 seconds. Return beef and accumulated juices to the pan. Stir in tomato sauce, water chestnuts, oregano, basil and pepper to taste; bring to a boil. Reduce heat and simmer, stirring occasionally, for 10 minutes. Stir in quinoa and remove from heat.
7. Spoon quinoa mixture into peppers, filling them just less than halfway. Divide cottage cheese mixture evenly on top, then fill peppers to the top with quinoa mixture and sprinkle with Cheddar cheese. Place on prepared baking sheet.
8. Bake in preheated oven for ~20 minutes or until a knife inserted in the filling comes out hot.

Nutrients per serving (Makes 12 servings)

Calories	238
Fat	8.1 g
Saturated Fat	3.4 g
Sodium	412 mg (17% DV)
Carbohydrate	23 g
Fiber	3 g (12% DV)
Protein	19 g



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