



Quinoa Stuffed Peppers

Ingredients:

- 4 sweet bell peppers, halved lengthwise, ribs/seeds removed
- $\frac{3}{4}$ cup quinoa, well rinsed
- 1 cup low-sodium vegetable broth
- 10oz baby spinach
- 1 small clove garlic
- $\frac{1}{4}$ cup unsalted pistachios
- 3 Tbsp boiling water
- 1 15oz can no-salt-added diced tomatoes
- 1 oz (~6 Tbsp) grated Parmesan cheese
- 1 large bunch basil, about 4 cups
- 3 Tbsp extra-virgin olive oil
- Freshly ground pepper
- $\frac{1}{4}$ tsp kosher salt

Nutrition Facts

Servings: 8

Amount per serving

Calories **182**

% Daily Value*

Total Fat 7.7g **10%**

Saturated Fat 1.4g **7%**

Cholesterol 3mg **1%**

Sodium 180mg **8%**

Total Carbohydrate 16.6g **6%**

Dietary Fiber 2.8g **10%**

Total Sugars 3.2g

Protein 5.5g

Vitamin D 0mcg **0%**

Calcium 95mg **7%**

Iron 2mg **13%**

Potassium 411mg **9%**

Directions:

- Put peppers skin side up on a lightly oiled baking sheet and broil on high until slightly charred and starting to soften, about 10 minutes. Remove the peppers from the oven and set them aside.
- While the peppers are roasting, simmer the quinoa with the vegetable broth and tomatoes in a medium pot for 10 minutes. Stir in the spinach in batches. Spoon the quinoa-spinach mixture into the roasted peppers.
- To make the pesto: combine the garlic, Parmesan, basil, olive oil, pepper, and up to $\frac{1}{4}$ tsp salt in a food processor and pulse until finely chopped but not smooth. Stir in the boiling water. Top the filled peppers with the pesto and garnish with the pistachios.



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