

CHIPOTLE QUINOA STUFFED PEPPERS

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 6 (Serving= 1 pepper topped with avocado)

Nutrition (per serving)

Calories: 319

Total Fat: 11 g

Saturated Fat: 3 g

Sodium: 463 mg

Total Carbohydrate: 46 g

Dietary Fiber: 13 g

Protein: 12 g



Ingredients

- 2 cups water
- 1 cup uncooked quinoa
- 1 - 15 ounce can low sodium black beans, drained and rinsed
- 1 cup cherry tomatoes, quartered
- ½ cup green onions, chopped
- 2 cloves garlic, minced
- 3 Tablespoons fresh cilantro, chopped
- 1 - 8 ounce can no salt added tomato sauce
- ¾ cup queso fresco cheese, diced (make sure gluten free for GF version)
- 2 chipotle peppers in adobo sauce, rinsed, deseeded, and minced
- 1 teaspoon cumin
- 2 teaspoons chili powder
- ½ teaspoon black pepper
- ½ teaspoon salt
- 6 red bell peppers
- 1 avocado, diced



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Directions

1. Preheat oven to 400 degrees.
2. Bring water to a boil in the saucepan. Add quinoa and simmer for about 15 minutes or until all the liquid is absorbed.
3. In a large bowl, combine cooked quinoa, black beans, cherry tomatoes, green onions, garlic, cilantro, tomato sauce, cheese, chipotle peppers, cumin, chili powder, pepper, and salt and toss until well mixed.
4. Cut the tops off of red peppers and set tops aside. Scoop out the seeds and add $\frac{3}{4}$ cup quinoa mixture to each pepper. Place tops back on red peppers.
5. Place peppers standing up in a baking dish with bottom of dish covered about $\frac{1}{2}$ " in water. Cook for 50-55 minutes until pepper has browned around the top and has softened.
6. Serve topped with diced avocado.