



What's On My Plate?

Stuffed Red Bell Peppers with Parmesan, Quinoa & Walnuts

Ingredients:

4 red bell peppers (choose squatty ones that will easily stand upright when you bake them)

1 tbsp. Olive Oil

1 medium onion, finely chopped

2 garlic cloves, minced

1 tsp. ground coriander

Coarse salt and Pepper

1 cup quinoa, rinsed

½ cup fresh Italian parsley, coarsely chopped

1/3 cup walnuts, coarsely chopped

1 cup shredded parmesan cheese (or as the original recipe called for "grated aged provolone")

Directions:

1. Preheat the oven to 450°, with rack in upper third. Slice a very thin layer from the base of your pepper so it sits upright. Slice off the top, just below the stem and remove the ribs and seeds. "Rinse and Repeat" with the other peppers. Discard the stems, chop the tops and set aside.

2. In a medium saucepan, heat oil over medium. Add onion, garlic, coriander and chopped pepper tops; season with salt and pepper. Cook, stirring occasionally, until onions are translucent, 4 to 5 minutes.

3. Add quinoa and cook for 1 minute. Add 1 cup of water and bring to a boil. Reduce to a simmer, cover and cook until quinoa is tender, 11 to 13 minutes. Remove from the heat, stir in parsley, walnuts and ¾ cup of cheese; season with salt and pepper.

4. Divide evenly, stuff peppers with quinoa mixture; place in a 2-quart baking dish. Cover with aluminum foil and bake until peppers are tender, about 45 to 55 minutes. Uncover; top with remaining cheese and bake until cheese melts, 10 minutes more.

These were so good! Nutty and flavorful and so very nutritious! Plus quinoa is such a tasty alternative if you are stuck in a rice rut.

Rating: 4 out of 5 stars!

Original Recipe from Everyday Food