

# Quinoa-Stuffed Peppers

★★★★★

Chipotle chiles, black beans and pepper Jack cheese give a flavorful boost to these quinoa-stuffed peppers. We've sped things up by steaming the peppers and using quick-cooking quinoa. We like the look of tri-colored quinoa, but any quinoa you have on hand will work. If possible, choose peppers that will stand upright.

## Ingredients

- 6 medium red, orange and/or yellow bell peppers
- 1 tablespoon extra-virgin olive oil
- 1 large yellow onion, chopped (about 2 cups)
- 1 tablespoon minced garlic
- 1 teaspoon ground cumin
- ¾ teaspoon chili powder
- 2 teaspoons minced chipotle chiles plus 1 Tbsp. adobo sauce from can
- 2 cups cooked tri-color quinoa
- 1 (15 ounce) can no-salt-added black beans, rinsed
- 1 (14.5 ounce) can no-salt-added diced tomatoes
- 1 cup frozen corn
- ¼ teaspoon salt
- 1 ½ cups shredded pepper Jack cheese

**Active:** 25 mins

**Total:** 45 mins

**Servings:** 6



## Directions

Preheat oven to 375 degrees F. Cut off stem end of each bell pepper. Chop the pepper tops to yield 1 cup. Remove and discard seeds and membranes from peppers. Bring about 1 inch of water to a boil in a large saucepan fitted with a steamer basket. Add the peppers; cover and steam until starting to soften, about 3 minutes. Remove the peppers and set aside.

Heat oil in a large skillet over medium heat. Add onion and the chopped pepper tops; cook, stirring occasionally, until the onion is translucent, about 5 minutes. Stir in garlic, cumin, chili powder, chipotles and adobo; cook, stirring constantly, until fragrant, about 1 minute. Remove from heat and add quinoa, black beans, tomatoes, corn and salt; fold until well combined.

Stand the peppers upright in an 11-by-7-inch baking dish. (Trim the bottoms, if necessary, to keep the peppers upright.) Spoon about 1 cup quinoa mixture into each pepper, packing it in tightly. Cover the stuffed peppers with foil.

Bake the peppers until warmed through, about 10 minutes. Remove the foil and sprinkle the peppers evenly with cheese. Bake, uncovered, until the cheese melts and browns slightly, 5 to 8 minutes. Let rest for 5 minutes before serving.

## Nutrition Facts

**Serving Size:** 1 pepper

**Per Serving:** 350 calories; protein 15.7g; carbohydrates 43.9g; dietary fiber 9.5g; sugars 9.6g; fat 12.8g; saturated fat 5.5g; cholesterol 25mg; vitamin a iu 4622.7IU; vitamin c 167.5mg; folate 95mcg; calcium 279.1mg; iron 3.8mg; magnesium 101mg; potassium 638.6mg; sodium 357.1mg.

© COPYRIGHT 2022 EATINGWELL. ALL RIGHTS RESERVED.

Printed from <https://www.eatingwell.com> 12/06/2022