



## Lunch Recipes

### Quinoa Stuffed Peppers (Vegetarian)



#### Ingredients:

- 4 bell peppers, halved lengthwise
- 1 1/2 tablespoons olive oil, plus more for pan
- 1 small diced onion
- 2 cloves minced garlic
- 2 tablespoons chili powder
- 2 teaspoons cumin
- 2 teaspoons paprika
- 1 15-ounce can black beans, drained and rinsed
- 3 cups baby spinach, chopped
- 3 cups cooked quinoa
- 1 15-ounce can diced tomatoes
- 1/4 cup fresh cilantro, chopped
- Salt and fresh ground pepper

#### Directions:

1. Preheat oven to 375 degrees F. Place a thin layer of oil on a baking dish.
2. Slice in half lengthwise, remove the seeds, wash and set aside.
3. In a large sauté pan heat oil over medium heat. Add onions and cook until soft for about 5 minutes.
4. Stir in the garlic, chili powder, cumin and paprika, season with salt & pepper, and cook for another 1-2 minutes.
5. Add the black beans, spinach, quinoa, and tomatoes, and mix together to fully combine. Cook over medium heat until the mixture is heated through, about 5 minutes. Stir in fresh cilantro.
6. Use a spoon to fill peppers with quinoa stuffing.
7. Arrange peppers in a large baking dish and cover with tinfoil. Bake for 25 minutes.
8. Remove peppers from the oven. Garnish with chopped cilantro and serve immediately.



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Makes 4 servings.

**Nutrition Information:**

**1 serving: 289 calories, 11 grams protein, 45 grams carbs, 8 grams fat**

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