

## Quinoa & Vegetable Stuffed Peppers

1 cup	quinoa, rinsed and drained	1 cup	tomato sauce
2 cups	water	1 pinch	salt, to taste
2 Tbsp	olive oil	1 pinch	pepper, to taste
1 each	small onion, diced	6 each	bell peppers, tops cut off and seeded
2 cloves	garlic, minced	1 cup	shredded mozzarella cheese, or more to taste
1 each	zucchini, diced		
1 each	small eggplant, diced		
1 each	tomato, diced		



### Procedure

- 1 Preheat oven to 350 degrees F (175 degrees C). Line a deep baking dish with aluminum foil.
- 2 Mix quinoa and water together in a saucepan; bring to a boil. Cover, reduce heat, and simmer until quinoa is tender and water is absorbed, about 15 minutes.
- 3 Heat olive oil in a large skillet over medium heat; cook and stir onion and garlic until fragrant and slightly translucent, 5 to 7 minutes. Add zucchini, eggplant, and tomato; cook until slightly tender, 3 to 5 minutes. Stir tomato sauce into vegetable mixture; cover and simmer until vegetables have softened, about 10 more minutes.
- 4 Stir quinoa into vegetable mixture. Season with salt and pepper. Fill bell peppers with quinoa-vegetable mixture. Place peppers in prepared baking dish. Cover dish with aluminum foil.
- 5 Bake in the preheated oven until bell peppers are slightly tender, about 18 minutes. Remove aluminum foil cover; sprinkle peppers with mozzarella cheese. Bake until cheese is bubbling and melted, about 5 more minutes.

Servings: 6

### Nutrition Facts

Serving size: 1/6 of a recipe (16.7 ounces).

Amount Per Serving	
<b>Calories</b>	293.67
Calories From Fat (32%)	93.31
% Daily Value	
<b>Total Fat</b> 10.55g	16%
Saturated Fat 3.17g	16%
Cholesterol 14.08mg	5%
Sodium 414.69mg	17%
Potassium 973.68mg	28%
<b>Total Carbohydrates</b> 38.49g	13%
Fiber 8.95g	36%
Sugar 13.1g	
<b>Protein</b> 12.98g	26%

### Recipe Type

Vegetarian