

Mediterranean Stuffed Bell Pepper

A savory and nutritious main dish featuring a bell pepper stuffed with a mixture of quinoa, tomatoes, olives, and feta cheese, infused with Mediterranean herbs. Perfect for a healthy, satisfying meal.



Main Dish

Mediterranean

50 min

Total time

Easy

Difficulty

290

kcal / serving

Ingredients

- 1 large bell pepper (any color)
- 1/2 cup cooked quinoa
- 1/4 cup chopped tomatoes
- 1/4 cup crumbled feta cheese
- 2 tbsp chopped black olives
- 1 tbsp olive oil
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- Salt and pepper to taste

Steps

- 1 Preheat oven to 375°F (190°C).
- 2 Slice the top off the bell pepper and remove the seeds and membranes.
- 3 In a bowl, mix together quinoa, tomatoes, feta cheese, black olives, olive oil, oregano, and basil. Season with salt and pepper.
- 4 Stuff the mixture into the hollowed-out bell pepper.
- 5 Place the stuffed pepper in a baking dish and cover with foil.
- 6 Bake in the preheated oven for about 30 minutes. Remove the foil and bake for another 10 minutes until the pepper is tender.
- 7 Serve hot.