

Mediterranean Stuffed Bell Peppers

Delicious and healthy main dish made with colorful bell peppers stuffed with a flavorful Mediterranean filling.



Main Dish

Mediterranean

40 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- 2 bell peppers
- 1 cup cooked quinoa
- 1/2 cup chickpeas, drained and rinsed
- 1/4 cup crumbled feta cheese
- 1/4 cup chopped kalamata olives
- 2 tablespoons chopped sun-dried tomatoes
- 2 tablespoons chopped fresh parsley
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- Salt and pepper to taste

Steps

- 1 Preheat the oven to 375°F (190°C).
- 2 Cut the bell peppers in half lengthwise and remove the seeds and membranes.
- 3 In a bowl, mix together the quinoa, chickpeas, feta cheese, olives, sun-dried tomatoes, parsley, lemon juice, olive oil, salt, and pepper.
- 4 Stuff each bell pepper half with the quinoa mixture.
- 5 Place the stuffed bell peppers on a baking sheet and bake for 20-25 minutes, or until the peppers are tender and the filling is heated through.
- 6 Serve hot and enjoy!