

Quinoa Stuffed Bell Peppers

These colorful bell peppers are stuffed with a delicious mixture of quinoa, vegetables, and cheese, making it a satisfying and healthy vegetarian main dish.



Main Dish

40 min

Total time

Easy

Difficulty

250

kcal / serving

Ingredients

- 1 bell pepper
- 1/2 cup cooked quinoa
- 1/4 cup diced tomatoes
- 1/4 cup diced zucchini
- 1/4 cup diced red onion
- 1/4 cup shredded cheese
- 1 tablespoon olive oil
- 1/2 teaspoon dried oregano
- Salt and pepper to taste

Steps

- 1 Preheat the oven to 375°F (190°C).
- 2 Cut the top off the bell pepper and remove the seeds and membranes.
- 3 In a bowl, combine the cooked quinoa, diced tomatoes, zucchini, red onion, shredded cheese, olive oil, dried oregano, salt, and pepper.
- 4 Stuff the bell pepper with the quinoa mixture.
- 5 Place the stuffed bell pepper on a baking sheet and bake for 25–30 minutes, or until the pepper is tender and the filling is heated through.
- 6 Serve hot and enjoy!