

Spooky Stuffed Red Bell Peppers

These Halloween-themed stuffed red bell peppers are not only eye-catching but also delicious! Filled with a savory mixture of quinoa, black beans, and spices, they make a perfect spooky addition to your Halloween feast.


40 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1 large red bell pepper
- 1/2 cup cooked quinoa
- 1/4 cup canned black beans, rinsed and drained
- 1/4 cup corn kernels
- 1/4 tsp cumin
- 1/4 tsp paprika
- 1/4 tsp garlic powder
- Salt and pepper to taste
- 1 tbsp olive oil
- 1 tbsp chopped fresh cilantro (for garnish)
- 1 slice of cheese (optional, to create a spooky face)

Steps

- 1 Preheat your oven to 375°F (190°C).
- 2 Cut the top off the red bell pepper and remove the seeds and membranes.
- 3 In a bowl, combine the cooked quinoa, black beans, corn, cumin, paprika, garlic powder, salt, and pepper.
- 4 Stuff the mixture into the hollowed-out bell pepper, packing it tightly.
- 5 Drizzle olive oil over the stuffed pepper and place it in a baking dish.
- 6 If desired, cut the cheese into shapes to create a spooky face and place it on the pepper.
- 7 Bake in the oven for 25-30 minutes, until the pepper is tender.
- 8 Remove from the oven and let it cool slightly before garnishing with cilantro and serving.