

Stuffed Bell Peppers Delight

A vibrant and satisfying main dish featuring colorful bell peppers stuffed with a flavorful quinoa and vegetable mix. Perfect for a healthy, single-serving meal that bursts with flavor.



Main Dish

40 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1 large bell pepper (any color)
- 1/2 cup cooked quinoa
- 1/4 cup black beans, drained and rinsed
- 1/4 cup corn kernels (fresh or frozen)
- 1/4 cup diced tomatoes
- 1/4 tsp cumin
- 1/4 tsp paprika
- Salt and pepper to taste
- 1 tbsp olive oil
- 1 tbsp chopped fresh cilantro (for garnish)

Steps

- 1 Preheat your oven to 375°F (190°C).
- 2 Cut the top off the bell pepper and remove the seeds.
- 3 In a mixing bowl, combine cooked quinoa, black beans, corn, diced tomatoes, cumin, paprika, salt, and pepper.
- 4 Drizzle olive oil inside the bell pepper and fill it with the quinoa mixture.
- 5 Place the stuffed pepper in a small baking dish and cover with foil.
- 6 Bake for 25–30 minutes, until the pepper is tender.
- 7 Garnish with fresh cilantro before serving.