

Quinoa Turkey Stuffed Bell Peppers

Yield: 4 Prep time: 20 min Bake time: 30-40 min

Ingredients

4 bell peppers
1 tsp olive oil
 $\frac{3}{4}$ cup quinoa
1 celery stalk
3 green onions
 $\frac{1}{2}$ carrot
 $\frac{1}{2}$ can corn
 $\frac{1}{2}$ can black bean
 $\frac{1}{2}$ pound ground turkey
 $\frac{1}{2}$ jalapeno *optional*
 $\frac{1}{2}$ -1 cup shredded cheddar or Mexican cheese
 $\frac{1}{2}$ cup tomato sauce
4 tsp Cajun seasoning (can use taco seasoning)



Combine $\frac{3}{4}$ cup of quinoa with 1 $\frac{1}{2}$ cup water or broth, bring to a boil then reduce to a simmer and cook 15 min or until tender.

While quinoa is cooking brown turkey in a pan.

Preheat oven to 350

Chop celery, onions, carrot and jalapeño (if desired). Add olive oil to pan and sauté veggies for 3-5 min on medium heat. Add corn and black beans, stir and cook until warm. Reduce to low heat. Add prepared quinoa, cooked ground turkey, and seasoning. Stir. Add tomato sauce gradually until mixture is coated with tomato sauce. The mixture needs to be thick. Add cheese, as little or as much as you would like. Save some for topping the peppers when finished.

Chop tops off of bell peppers and clean.

Use non stick baking pan and stand peppers up in pan. Sprinkle a small amount of cheese in the bottoms of the peppers. Then add mixture to the peppers and top with cheese.

Bake at 350 for 30-40 min depending on softness of pepper desired.