

Culinary Creations

A Gift From



Quinoa Stuffed Bell Peppers

Cooking Time: 45 mins Yielding: 4-6 Servings Level: Easy

Ingredients:

- 3 cups cooked quinoa
- 1/2 cup shredded pepper jack & feta cheese
- 1 (4 oz.) can green chiles
- 1 teaspoon garlic powder / 1 teaspoon cumin
- 1 cup corn kernels
- 6 bell peppers, tops cut, stemmed and seeded
- 1/2 cup diced tomatoes
- 3 tablespoons chopped fresh cilantro leaves

Instructions:

Preheat oven to 350 degrees F. Line a 9×13 baking dish with parchment paper. In a large bowl, combine quinoa, green chilies, corn, beans, tomatoes, cheeses, cilantro, cumin, garlic, & salt and pepper, to taste. Spoon the filling into each bell pepper cavity. Place on prepared baking dish, cavity side up, and bake until the peppers are tender and the filling is heated through, about 25-30 minutes.

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