



# Southwest Stuffed Peppers

## Ingredients

- 4 large bell peppers
- 1 cup dry quinoa
- 1 15 oz can black beans
- 1 cup frozen corn, thawed
- 4 small tomatoes
- ½ cup salsa
- 2 tsp cumin
- 1 tsp smoked paprika
- 1 tsp chili powder

## Directions

1. Cook quinoa according to package directions with 2 cups of water or broth [vegetable broth in place of water will add more flavor].
2. While the quinoa is cooking, halve the bell peppers and remove stems, seeds and ribs.
3. Drain and rinse the black beans.
4. Dice the tomatoes.
5. Preheat the oven to 350°F.
6. In a large mixing bowl, combine the cooked quinoa and all other ingredients (except the bell peppers). Stir to combine.
7. In a lightly sprayed 9x13" baking dish, place pepper halves and stuff them with quinoa filling. Lightly press down to compact and fill all the crevices.
8. Cover with foil and bake for 35-45 minutes. Remove foil and bake for 10 more minutes.
9. Remove from the oven and enjoy!

**Healthy Tip:** Rinse canned beans to reduce sodium!

Calories 278

Total Fat 3 g

Saturated Fat 0 g

Cholesterol 0 mg

Sodium 274 mg

Total Carbohydrate 42 g

Dietary Fiber 13 g

Sugars 7 g

Protein 12 g