

Quinoa-Stuffed Bell Peppers

Recipe By *Sina Mizrahi*



Cooking and Prep:  1
h 45 m

Serves:  12

Contains: 

Preference: Dairy

Difficulty: Medium

Occasion: Nine Days,
Passover

Diet: Vegetarian, Gluten Free,
Low Fat, Low Carb, Sugar Free,
Pescetarian

Source: Relish by Binah
Magazine

This recipe is a family favorite and the best way to get my kids to eat quinoa. The specks of feta cheese melt into the quinoa, and the sweet undertones from the peppers complement the savory filling. This can easily be made ahead and freezes perfectly.

Ingredients (14)

Main ingredients

- 6 tri-color bell peppers, halved, cored, and seeded
- 1 cup quinoa, uncooked (yields about 4 cups cooked)
- 2 tablespoons **Bartenura Olive Oil**

- 1/2 red onion, finely diced
- 1 zucchini, diced
- 1 yellow squash, diced
- 1 small chili pepper, finely diced (optional)
- 4 cloves garlic, minced or 4 cubes **Gefen Frozen Garlic**
- 1 tablespoon **Tuscanini Sea Salt**
- 1/2 teaspoon ground black pepper
- 1 teaspoon paprika
- 1 tablespoon lemon zest
- 1 bunch cilantro, chopped
- 1/2 cup crumbled feta cheese

Start Cooking

For the Stuffed Peppers

1. In a saucepan, combine the quinoa with two cups of water and bring to a boil. Reduce heat to a simmer, cover, and cook until all the liquid has been absorbed, about 15 to 20 minutes.
2. Meanwhile, in a wide sauté pan, heat the olive oil over medium heat and sauté the onion until translucent. Add the zucchini, squash, chili pepper, garlic, salt, and pepper. Mix well and cook until just heated through, about four to five minutes.
3. In a heatproof mixing bowl, combine the quinoa and vegetable mixture. Add the paprika, lemon zest, cilantro, and feta cheese and mix well.
4. Preheat oven to 350° F. Lightly oil a 9- x 13-inch baking pan and set aside.
5. Divide the quinoa mixture evenly among the bell peppers, then arrange them in the baking pan. Sprinkle with olive oil, then cover with foil and bake at 350° F until peppers are tender and juicy, about one hour. Transfer to plates and serve.

Tip:

This can easily be made ahead and freezes perfectly — just bake it straight out of the freezer, until the cheese is melted and bubbling.