


Quinoa Stuffed Sweet Peppers



 Yield: 4 portions

 Preparation : 15 minutes

 Cooking : 10 minutes

100 g (1/2 cup) of quinoa
15 ml (1 tbsp) of olive oil
1 small onion, finely chopped
60 g (2 oz) of pancetta, chopped
1 medium zucchini, diced
500 ml (2 cups) of spinach, stemmed and chopped
5 ml (1 tsp) of fresh thyme
250 g (2 cups) of **Saputo shredded marbled cheddar cheese**
Salt and freshly ground pepper
4 red, orange or yellow bell peppers

Preheat oven to 180°C (350°F).

Cook quinoa according to package instructions and let cool.

In a large skillet, heat olive oil over medium-high heat. Add onion and pancetta and cook until pancetta begins to brown. Add zucchini, spinach and thyme and cook until zucchini is slightly browned. Remove from heat and let cool.

In a bowl, toss the vegetable mixture with the cooled quinoa, half of the cheese, and season to taste.

Slice the tops off the bell peppers leaving stems attached and set aside. Empty the seeds and membranes from the peppers.

Fill peppers with the quinoa mixture and place on a lightly oiled baking sheet. Bake on middle rack for 20 minutes. Arrange the pepper tops on the baking sheet and return to oven for 10 more minutes.

Remove from oven and sprinkle the stuffed peppers with the remaining cheese. Set oven to broil.

Broil peppers for 1 or 2 minutes with the tops still on the baking sheet to melt the cheese.

Remove from oven and let cool slightly. Place tops on the peppers and serve immediately.

HEALTHY FACT!

Quinoa is a delicious and quick-cooking whole grain that's worth getting to know. Introduce it to your family in this stuffed pepper recipe. We promise they'll ask for more.

Fueled by **Saputo**