

Turkey & Quinoa Stuffed Peppers

Ingredients:

- 5 bell peppers (mix it up with red, yellow, and orange)
- Olive oil spray
- 1 medium-sized yellow onion, chopped
- 3 garlic cloves, minced
- 20 oz package ground turkey
- 1 tsp ground black pepper
- 1 tbsp chili powder
- 2 tsp ground cumin
- 1 tsp ground coriander
- 1 (12-16 oz) jar pico di gallo or your favorite low-sodium salsa
- 2 cups fresh baby spinach, rinsed and chopped
- 1 cup cooked quinoa
- ½ cup shredded cheddar cheese



Directions:

- Preheat oven to 375°F.
- Cut the peppers in half lengthwise, and remove the white pithy ribs along with the seeds and stems.
- Spray baking dish with olive oil spray and arrange peppers in the dish.
- Spray a large non-stick skillet with the olive oil spray. Sauté the onion and garlic over medium heat until it starts to brown. If the onions and garlic start to stick, add a splash of water or broth to deglaze the pan.
- Add the ground turkey to the pan, cooking until lightly browned and breaking it up as it cooks. Stir in the black pepper, chili powder and coriander.
- Next add the salsa, the quinoa and the rice, heat through. Remove from heat and stir in the chopped spinach.
- Pack the turkey mixture into the pepper halves so that it's heaping, about a cup. Sprinkle the tops with the cheddar cheese and bake about 40 minutes or until the peppers are tender. Serve immediately.

Notes:

- To save some time, cook the brown rice and quinoa together. In a medium pot, bring 2 cups chicken broth to a boil. Stir in ½ cup brown rice. Cover, reduce heat and simmer for 20 minutes, then stir in ½ cup quinoa and cook covered for an additional 15 minutes. Turn off burner and let sit for 5 minutes.



Terrebonne
GENERAL HEALTH SYSTEM