

Stuffed Roasted Bell Peppers

Ingredients

- 4 medium-size bell peppers (red or yellow)
- 2 Tbsp extra virgin olive oil
- 2 garlic cloves, minced
- ½ cup chopped fresh parsley
- 1½ cups cooked quinoa
- 2 oz Manchego cheese or Parmesan, grated (½ cup)
- Salt and freshly ground pepper
- 1½ cups marinara sauce



Preparation

1. Roast the peppers (over a flame, under a broiler or on a grill) until charred
2. Place in a plastic bag or a tightly covered bowl and allow to cool
3. When cool enough to handle, remove all of the charred skin, rinse and pat dry
4. Carefully cut away the stem from the peppers
5. Cut a slit down the side of each pepper, from the stem end to the bottom
6. Gently open out and remove the seeds and membranes; tip out the juice
7. Try to keep the peppers in one piece
8. Set aside
9. Heat 2 Tbsp of olive oil over medium heat in a large, nonstick skillet and add garlic
10. Cook, stirring, until fragrant, about 1 minute
11. Stir in the parsley and quinoa and mix together until the quinoa is coated with oil
12. Remove from the heat and stir in the cheese
13. Season to taste with salt and pepper
14. Preheat the oven to 350°
15. Oil a baking dish large enough to accommodate all of the peppers
16. One at a time, lay a pepper in the dish and fill with the quinoa mixture by gently opening up the pepper, mounding the filling onto one half, and folding the other half back over the filling, overlapping the edges slightly
17. Lay the peppers in the dish
18. Cover the baking dish with foil or a lid and bake the peppers for 20 minutes
19. Meanwhile, reheat the tomato sauce
20. Ladle the tomato sauce onto serving plates or a serving platter
21. Top with the stuffed peppers and serve