

Veggie Quinoa Stuffed Peppers



Ingredients:

- 1/2 cup dry quinoa*
- 3 large bell peppers, cut in half lengthwise, seeds and membranes removed*
- 3 cloves garlic, minced*
- 1 medium onion, minced*
- 1 medium eggplant, diced*
- 1 medium zucchini, diced*
- 8 ounces mushrooms, diced*
- 1 1/2 cups no or low salt tomato sauce or crushed or diced tomatoes, no added salt*
- 1 teaspoon dried oregano or Italian seasoning (or more to taste)*
- 2 tablespoons fresh basil*

Instructions:

- 1. Cook quinoa according to package directions. Set aside.*
- 2. Steam bell peppers, cut side down over 1/2 inch boiling water until nearly tender, about 8-10 minutes.*
- 3. Water saute the garlic and onion.*
- 4. Add the eggplant, zucchini and mushrooms and cook until eggplant and zucchini are soft.*
- 5. Add the tomato sauce or crushed tomatoes and seasonings.*
- 6. Spoon vegetable mixture into peppers.*
- 7. Serve immediately or bake for 15 minutes at 350 degrees if desired*