



Quinoa Stuffed Peppers

Prep Time: 25 min

Cook Time: 30 min

Serves: 4-6

NUTRITION FACTS, PER SERVING:

220 Calories

7 g fat

429 mg sodium



DIRECTIONS:

INGREDIENTS: **** Items not included in kit**

- 1/2 cup quinoa
- 4 red bell peppers, halved lengthwise
- 1 cup onion, diced
- 2 TB olive oil**
- 1 eggplant, diced
- 1 zucchini, diced
- 3 garlic cloves, minced
- 1 (15.5oz) can chickpeas, drained
- 1 TB Za'atar Spice (contains sesame)
- 1 lemon, 1/2 zested
- 1/2 cup fresh parsley, chopped

SAUCE:

- 1 cup plain Greek yogurt
- 1 TB olive oil**
- 2 TB Zhoug Sauce (use amount based on your desired heat/spice preference)
Trader Joe's Ingredients: cilantro, canola oil, jalapeno peppers, chili flakes, garlic, cardamom, salt, cumin seeds
- Salt & black pepper, to taste**
- Cooking spray**
- Aluminum foil**

1. Pre-heat oven to 400 degrees F. Spray a large baking dish with **cooking spray**.
2. Cut **red peppers** in half lengthwise. Drizzle inside with **olive oil** and season with **salt and black pepper**. Place open side down (flesh side down/skin side up) on the baking dish and roast for 15 minutes.
3. Pour **1 cup water** into a medium saucepan and bring to a boil. Rinse **quinoa** under running water until water runs clear. Add the **rinsed quinoa** to the boiling water, lower the heat to a simmer, cover and cook for 10-12 minutes, until the grains are tender and open. Drain, fluff with fork and set aside.
4. Peel and dice the **eggplant** into 1 inch cubes. Heat **2 TB olive oil** in a large skillet over medium heat and sauté the **diced onion** and diced **eggplant** until eggplant is tender, about 8 minutes. Add the **3 cloves minced garlic** and **diced zucchini**, stirring to combine for 1 minute. Remove the pan from the heat and add **drained chickpeas, cooked quinoa, Za'atar spice, 1/2 a lemon zested, 1/2 cup chopped parsley**, season with **salt & black pepper to taste**. Toss well to combine all the ingredients.
5. Flip the **roasted peppers** to skin side down and spoon **filling** over each pepper, mounding up high. Cover baking dish with **aluminum foil** and bake at 400 degrees for 20 minutes then remove foil and bake an additional 10 minutes.
6. SAUCE: In a bowl, combine **1 cup plain Greek yogurt, 1 TB olive oil, and 2 TB Zhoug Sauce (or use amount based on your desired spice/heat preference)**, and stir to combine.
7. To serve, spoon sauce overtop stuffed peppers and garnish with additional chopped parsley.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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