

Turkey, Veggie, & Quinoa Stuffed Peppers

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Cooking With Carolyn

Ingredients

Yield: 8 Stuffed Peppers

- 8 Medium to Large Bell Peppers, Your choice of yellow, orange, red & green
- 5½ Tablespoons Extra Virgin Olive Oil
- ¾ Pound Lean Ground Turkey, 93%/7%
- 4 to 5 Teaspoons Grand Diamond All Purpose Seasoning
- ½ Cup Red Quinoa
- 1 Cup Low Sodium, Reduced Fat Chicken Stock
- 2 Cloves Garlic, minced
- 1 Cup Eggplant, cut into ½ inch cubes
- 1 Cup Crimini Mushrooms, cut into ½ inch cubes
- 1 Cup Zucchini, cut into ½ inch cubes
- ¼ Cup Red Onion, chopped
- 2 Cups Rainbow Chard, chopped and slightly packed
- To Taste Kosher Salt
- To Taste Black Pepper
- 1 Cup Vegetarian Marinara, homemade or store bought
- 1 Cup Low Fat Cheese, Your choice

Directions

Preheat oven to 400 degrees

First, take each bell pepper and cut off one of the “cheeks” or sides of the pepper, remove the seeds and ribs and set aside. (**Tip:** I use the cut off sides of the peppers later in a salad.) Prep and cut all of the other vegetables and set aside.

In a medium sauce pan, combine the quinoa and chicken stock. Cook according to the manufacturer’s directions.

Preheat a large nonstick skillet over medium-high heat for about 2 to 3 minutes. Add 1 Tablespoon of olive oil to the skillet along with the turkey. Break up and stir the meat. Add half of the garlic and 2 teaspoons of Grand Diamond All Purpose Seasoning. Cook for about 10 minutes. Once the turkey is cooked, place it on a plate.

Return the skillet back over medium-high heat and add 2 Tablespoons of olive oil. Add the red onions, zucchini, eggplant, and mushrooms and sauté for 5 to 6 minutes. Season the vegetables with the remaining Grand Diamond Seasoning, salt and pepper to taste. The eggplant and mushrooms will manage to absorb all of the oil from the pan, so add the remaining 2½ Tablespoons of olive oil to the pan. Next, add the chard and remaining garlic. Continue to cook the vegetables until the chard is wilted. Turn off the heat then add the turkey and quinoa to the skillet. Stir to combine.

Divide the mixture evenly among all of the bell peppers and place them into a baking dish. Cover with aluminum foil and bake for about 35 minutes, or bake the peppers to the desired tenderness.

While the stuffed peppers are cooking, heat up the marinara sauce in a small sauce pan. Once the peppers are done, pour about 2 Tablespoons of marinara over each pepper and top each with 2 Tablespoons of cheese. Return the peppers to the oven, uncovered, just to melt the cheese.

Calories: 384

Carbs: 30

Fat: 20

Protein: 21