

Aspire, Perspire, Nourish Yourself

Wellness Ideas for Everyday Living.

www.aspireperspirenourish.com

Quinoa Stuffed Zucchini & Peppers

Serves 2 to 4

Ingredients:

2 zucchini
2 red peppers
1 tbsp olive oil

1 cup Quinoa
2 cups Water
1 tsp Salt
1/2 Onion, finely chopped
1 Carrot, finely chopped
2 cup Raw Spinach, finely chopped
2 tbsp Olive oil
Pepper to taste
1/2 tsp Basil (or 1 tbsp fresh)

Directions:

1. Add quinoa, salt and water to a pot. Bring to a boil, reduce heat to simmer and cook for 15 minutes. Set aside.
2. Cut zucchini lengthwise. With a spoon scoop out centre. Set aside.
3. Cut peppers in half. Remove stem, seeds and white parts. Set aside.
4. In a frying pan add 1 tablespoon olive oil. Sauté peppers and zucchini on both sides until browned (about 10 minutes). Set aside.
5. In same frying pan add chopped onions, carrots, spinach and pepper. Sauté for about 15 minutes. Add to cooked quinoa along with 2 tablespoons olive oil, pepper and basil. Stir.
6. Place zucchini and peppers on parchment lined baking tray, and fill with quinoa mixture.
7. Cover and bake in 350° oven for 25 minutes. Uncover and bake for another 5 minutes. Serve warm.

Note: can be served as a main dish or a side dish