



Stuffed Bell Peppers with Turkey, Quinoa & Veggies

Servings: 4–6 **Prep Time:** 20 minutes **Cook Time:** 30–35 minutes

Ingredients:

- 4–6 large bell peppers (any color), halved or tops removed and seeded
- 1 lb ground turkey
- 1 cup cooked quinoa
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 cup zucchini or spinach, finely chopped
- 1 cup diced tomatoes (fresh or canned, drained)
- 2 tsp dried oregano
- 1 tsp cumin
- ½ tsp smoked paprika (optional)
- Salt and pepper to taste
- Olive oil for cooking
- Optional topping: shredded cheese, fresh parsley

Instructions:

1. **Preheat oven** to 375°F (190°C). Lightly grease a baking dish.
2. **Prepare quinoa** if not already cooked:
Cook ½ cup dry quinoa with 1 cup water until fluffy, about 15 minutes.
3. **Sauté filling:**
 - In a skillet, heat 1 tbsp olive oil over medium heat.
 - Add onion and garlic, cook until softened.
 - Add ground turkey, cook until browned and cooked through.
 - Stir in zucchini/spinach, diced tomatoes, oregano, cumin, smoked paprika, salt, and pepper.
 - Stir in cooked quinoa and cook 2–3 more minutes to combine flavors.
4. **Stuff the peppers:**
 - Spoon turkey-quinoa mixture evenly into bell pepper halves.
 - Arrange peppers in the baking dish.
5. **Bake:**
 - Cover with foil and bake for 25 minutes.
 - Uncover and bake an additional 5–10 minutes until peppers are tender and tops lightly browned.
6. **Serve:** Garnish with fresh parsley or a small sprinkle of cheese if desired.

Notes: Using quinoa keeps it fiber-rich and gluten-free. Dried oregano adds classic Mediterranean flavor and pairs well with cumin and smoked paprika. Make it dairy-free by skipping cheese or using a plant-based topping.