

I found this recipe in Shape magazine's October 2009 issue and wanted to share it with everyone. It utilizes the foods found in harvest bingo, and would be a great new recipe to try this fall!

Happy Eating

- Kathryn



Quinoa - Stuffed Red Bell Peppers*

2/3 cup quinoa, rinsed and drained
6 red bell peppers
1 tablespoon olive oil
3/4 cup diced carrots
1/2 red onion, diced
1 10 ounce package frozen spinach, thawed and drained
1 15-ounce can red kidney beans, rinsed and drained
1 teaspoon chili powder
1/2 cup grated part-skim mozzarella cheese

Preheat oven to 350 degrees F. Boil 1 1/3 cup water in a saucepan; add quinoa. Reduce heat, cover, and simmer for 15 minutes. Keep covered; set aside. Remove pepper tops, stems, and seeds. Bring a large pot of water to a boil. Add peppers, boil for 5 minutes, and drain. Heat oil in a skillet over medium heat. Add carrots, cook for 3 minutes. Add onion; cook for 5 minutes more. Stir in spinach and beans. Remove from heat and mix in quinoa and chili powder. Fill peppers with quinoa mixture and place upright in a baking dish. Sprinkle with cheese. Add just enough water to form a very thin layer in the bottom of the dish. Bake for 20 minutes or until tops are lightly browned. Serve immediately.

Nutrition per serving - 1 pepper

237 calories	10 g fiber
6 g fat	171 mg calcium
2 g saturated fat	3 mg iron
35 g carbs	260 mg sodium
12 g protein	

*this recipe can be found online at www.omnifitnessclub.com