

Fun fact:

Orange and yellow bell peppers are simply mature green bell peppers. Plus, they taste fruitier than their green cousins.

Quinoa-Stuffed Peppers

Ready in 45 minutes • Makes 4 servings

2 bell peppers (any color)

1/2 cup uncooked quinoa

1/2 cup low-sodium vegetable broth

7 oz diced tomatoes, no salt added

5 oz spinach

1 tbsp pine nuts

Pesto

2 cups basil or spinach

1/2 clove garlic

1 1/2 tbsp Parmesan cheese

1 tbsp pine nuts

1 1/2 tbsp extra-virgin olive oil

1/8 tsp sea salt

1 pinch freshly ground black pepper

1. Preheat broiler to high. Cut peppers in half and remove seeds and veins. Leave stems intact. Place peppers, skin side up, on a baking sheet covered in aluminum foil. Broil for 10 minutes.

2. Meanwhile, combine quinoa, broth and tomatoes in a medium pot. Bring to a boil, then reduce heat to low and simmer for 10 minutes, until liquid is absorbed. Add spinach and stir to combine. Fill pepper halves with this mixture.

3. Place pesto ingredients in a food processor and pulse until finely chopped. Add 2 to 3 tablespoons of water as needed to thin out, if desired. Top stuffed peppers with pesto or serve on the side.

KEY FAT-LOSS FOOD:

QUINOA Pronounced "keen-wa," this ancient grain is a good source of fiber and protein – two nutrients that aid fat loss and weight maintenance.



Add fiber-rich tomatoe and spinach to your fat-burning grocery lis



Nutrients per serving:

Calories: 194, Total Fats: 9 g, Saturated Fat: 2 g, Trans Fat: 0 g, Cholesterol: 4 mg, Sodium: 327 mg, Total Carbohydrates: 22 g, Dietary Fiber: 5 g, Sugars: 7 g, Protein: 7 g