



Pesto Chicken Stuffed Peppers

4 servings
 50 minutes

Ingredients

8 ozs Chicken Breast
 1/2 cup Quinoa (dry, uncooked)
 4 Yellow Bell Pepper (large)
 2 tbsps Water
 2 stalks Green Onion
 1/2 cup Pesto
 3 tbsps Lemon Juice
 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	349
Fat	15g
Saturated	3g
Carbs	30g
Fiber	4g
Sugar	3g
Protein	25g
Cholesterol	59mg
Sodium	299mg
Potassium	933mg
Vitamin A	1120IU
Vitamin C	347mg
Calcium	134mg
Iron	2mg
Vitamin D	1IU
Vitamin B6	1.1mg
Folate	96µg
Vitamin B12	0.1µg
Magnesium	100mg
Zinc	2mg
Selenium	19µg

Directions

- 1 Bring a pot of water to a boil. Reduce to a gentle simmer, add chicken and cover. Let simmer until chicken is cooked through, about 15 to 20 minutes. Remove chicken and shred into pieces using two forks.
- 2 While your chicken cooks, cook your quinoa according to the directions on the package. Fluff with a fork and set aside.
- 3 Preheat your oven to 375 degrees F.
- 4 Cut the tops off of the peppers and discard the seeds and ribs. Place peppers upside down in baking dish and add water. Cover with foil and bake for 25 minutes.
- 5 While peppers are baking, combine the cooked quinoa, shredded chicken, green onion, pesto, lemon juice and sea salt. Mix well and set aside.
- 6 Remove the peppers from the oven. Carefully remove the foil and turn right-side up. Drain any excess water from the baking dish.
- 7 With the peppers sitting upright, spoon equal amounts of the pesto chicken filling into each. Cover with foil again, then bake for an additional 20 minutes, or until filling is warmed through and peppers are very tender.
- 8 Remove the stuffed peppers from the oven and enjoy!

Notes

Additional Toppings, Parmesan cheese, nutritional yeast, fresh herbs, a pinch of red chili flakes or more pesto.

Tipsy Bell Peppers, If your bell peppers are tipsy and do not stand upright on their own,



try slicing the bottom of them to create a flat surface.

More Carbs, Serve over a bed of rice or quinoa.

Make it Vegetarian, Swap out the chicken for cooked lentils.