

QUINOA AND TURKEY STUFFED PEPPERS



A wholesome, protein-rich dish featuring bell peppers filled with a savory mixture of lean ground turkey, fluffy quinoa, herbs, and vegetables. This nutrient-dense meal provides a balanced combination of complex carbohydrates, lean protein, fiber, and antioxidants, making it ideal for heart health and weight management.

 15 minutes
 35 minutes
 6 portions

INGREDIENTS

- 1 cup of quinoa, uncooked (170 g)
- 2 cups (16.9 fl oz) of spring Water (504 g)
- 1 dash of salt, table (0 g)
- 1 serving of sausage, turkey, fresh, cooked (57 g)
- 1/2 cup of soup, stock, chicken, home-prepared (120 g)
- 1/4 tsp of oil, grapeseed (1 g)
- 1 tbsp of parsley, fresh (4 g)
- 2 tsps of rosemary, fresh (1 g)
- 3 rings (3" dia., 1/4" thick) of peppers, sweet, red, raw (30 g)

COOKING METHOD

- 1^o Using a large saucepan, stir the quinoa, salt, and water together. Boil the mixture in high-heat. Once boiling, reduce the heat and cover the saucepan. Simmer for about 15 minutes or until the water is almost completely absorbed.
- 2^o Remove the cover and let the dish stand for 5 more minutes. Stir in the turkey together with the rest of the ingredients.
- 3^o Fill the pepper with cooked quinoa mixture and put it on a slightly greased 13 x 9" baking dish. Bake the stuffed peppers for 15 minutes at 3500F heat.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (65 g)	% DRI
ENERGY	206 kcal	134 kcal	7 %
FAT	5 g	3 g	5 %
FATTY ACIDS, TOTAL SATURATED	1 g	1 g	3 %
CHOLESTEROL	14 mg	9 mg	3 %
SODIUM	185 mg	120 mg	5 %
CARBOHYDRATE	30 g	19 g	6 %
SUGARS	1 g	1 g	–
FIBER	3 g	2 g	9 %
PROTEIN	11 g	7 g	–