

# Turkey Quinoa Stuffed Peppers

**NUMBER OF SERVINGS: 4**

## Ingredients

- Turkey or chicken broth 1 cup (250 mL)
- Quinoa ½ cup (125 mL)
- Vegetable oil 2 tsp (10 mL)
- Lean ground Ontario turkey 1 lb (450 g)
- Onion, minced 1
- Cloves garlic, minced 2
- Salt ½ tsp (2.5 mL)
- Red chili flakes ½ tsp (2.5 mL)
- Chopped cremini mushrooms 2 cups (500 mL)
- Chopped spinach 4 cups (1 L)
- Crumbled goat cheese ¼ cup (60 mL)
- Large red bell peppers, tops cut off and ribs removed 4

## Directions

1. In saucepan, bring stock to boil over medium-high heat. Stir in quinoa and simmer, covered, for 10 minutes. Remove from heat and leave covered for 15 minutes.
2. Meanwhile, in large non-stick skillet heat oil over medium-high heat, brown turkey, breaking into small pieces with the back of a spoon. Transfer to plate.
3. In the same skillet, cook onion until tender and golden, about 7 minutes.
4. Stir in garlic, salt and chili flakes and cook 1 minute.
5. Stir in mushrooms and cook until golden and no liquid remains.
6. Remove from heat and stir in spinach, quinoa, and reserved turkey. Sprinkle with goat cheese. This mixture can be made up to 2 days in advance.
7. Spoon mixture into hollowed peppers and bake in a 375°F (190°C) oven until peppers are tender crisp and filling is hot, about 20 minutes.

## NUTRITION PER SERVING

Calories 330 | Protein 37g | Fat 7g | Carbohydrates 32g | Fibre 7g | Sodium 460mg



Turkey is a lean meat which means it is low in saturated fat. The risk of heart disease increases with age, so it's important to choose foods lower in saturated fat to help reduce the risk.



Freeze the filled peppers and bake another day for a quick meal.



"Get all your ingredients ready before starting. It tasted good and it's very healthy ingredients wise."- Suzanne, 69

# Mains



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