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## Southwestern Stuffed Peppers

Stuffed peppers make a healthy and portable weekday lunch or easy dinner side dish. Substitute cooked amaranth, millet or brown rice for the quinoa, if you like. Serve with salsa and diced avocado. **Serves 6**

### Ingredients:

- 6 bell peppers, tops removed and reserved then cored and seeded
- 1 cup fresh corn kernels or frozen, thawed
- 1/2 medium red onion, minced
- 2 red bell peppers, seeded and diced
- 1 jalapeño pepper, seeded and minced
- 1 tablespoon chili powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 3 cloves garlic, sliced
- 1/2 cup quinoa
- 1 (15-ounce) can no-salt-added black beans, drained and rinsed
- Zest and juice of 2 limes
- 1/4 cup chopped fresh cilantro, for garnish

### Method:

1. Preheat the oven to 400°F. Place cored peppers and their tops on a large rimmed baking sheet. On the same baking sheet, in a separate area, spread corn in a single layer. Roast for about 20 minutes or until the peppers are soft and corn is slightly browned. Set aside to cool.
2. In a large skillet over medium-high heat, cook onion, diced bell peppers and jalapeño until golden brown, about 5 minutes. Add water, as needed, to prevent burning. Add chili powder, cumin and coriander. Continue cooking until aromatic, about 30 seconds. Add garlic, quinoa and 3/4 cup water. Bring to a boil, and then reduce to a simmer and cover. Cook until quinoa is tender, about 12 to 15 minutes. Add roasted corn and black beans. Cook just until beans are warmed through, about 2 minutes. Stir in lime zest and juice. Let mixture cool slightly.
3. Spoon the stuffing equally among peppers (about 2/3 cup filling per pepper), and place them in a baking dish. Bake for 5 to 10 minutes, until they are hot throughout. Garnish with cilantro and serve.

**Nutritional Info/Per Serving:** 190 calories (15 from fat), 2g total fat, 0g saturated fat, 0mg cholesterol, 40mg sodium, 37g carbohydrate (8g dietary fiber, 7g sugar), 8g protein

### Interesting Notes about Bell Peppers and Quinoa...

**Bell peppers** are an excellent source of vitamin A and C, two very powerful antioxidants that may help to reduce risk of cardiovascular diseases and several cancers. They contain small amounts of vitamin K which is important in bone health. Red bell peppers contain both lycopene and beta-cryptoxathin which lower the risk of certain cancers. Red peppers have more vitamin C than oranges and are also high in beta-carotene. As the pepper gets riper, it gets not only a better taste, but it also gets more nutritive value. A red pepper is actually a fully ripened green pepper with a milder flavor.

**Quinoa** is a healthy gluten-free and low-fat grain. It is a cholesterol-free and low-fat source of protein and a great food not just for vegetarians and vegans, but for anyone looking to lower their cholesterol or add fiber to their diet. It is a great source of iron for vegetarians and omnivores alike. One cup of cooked quinoa (185 grams) provides 15% of the recommended daily intake of iron, and 5 grams of fiber, which is 21% the recommended amount. Quinoa is also an excellent source of magnesium, with 118 mg per cup, cooked.



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