

Stuffed Peppers



Photo: Sharon Rosenrauch

Servings: 4

Time: 30-35mins

Ingredients

- Four Large peppers
- 200g uncooked Quinoa
- 8 basil, chopped/ground
- 8 sprigs of rosemary
- 100g cherry tomatoes, cut
- 2 tbsp extra virgin olive oil
- 4 slices of your favourite cheese
- Feta, crumbled (amount to your liking)

Instructions

- Preheat oven 350°F/180°C
- Wash and dry peppers, cut off their tops and scoop out membranes using a spoon
- Oil pepper with EVOO on inside and outside, place on baking sheet lined with paper. Bake for 15 mins.
- While peppers are baking, cook Quinoa according to package directions.
- Cut up cherry tomatoes and crumble feta.
- Once quinoa is finished, mix in feta and tomatoes.
- When peppers are done, remove excess water/oil from inside, sprinkle ground basil and rosemary on inside of peppers. Fill with quinoa mixture. Bake for another 10 mins.
- In the last 1.5 mins add cheese slices on top of each pepper for extra goodness!
- Serve and enjoy!