



A RED SOX FOUNDATION AND  
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



## *Stuffed Bell Peppers*

Serves 4

### **Ingredients:**

- 4 bell peppers (cut in half longways)
- 1 cup quinoa (cooked)
- 1, 15-ounce can black beans (no added salt)
- 1, 15-ounce can tomatoes (diced, no added salt)
- 1 small onion (diced)
- 1 cup mushrooms (chopped)
- 3 cloves garlic (minced)
- 1/3 cup cheese (cheddar, gouda, mozzarella, etc)
- 1 tbsp oil (avocado, olive, canola)



### **Directions:**

1. Pre-heat oven to 450°F.
2. Cut peppers in half, gut them, and set them on a lined baking tray face down. Place peppers in the oven and roast them for 15-20 minutes or until they start to blister. Remove and set aside to cool.
3. While the peppers roast, sauté olive oil, garlic, mushrooms, and onions about 5 minutes. Mix sauté mixture with quinoa, black beans, tomatoes, and half of the cheese
4. Ladle stuffing into the open roasted peppers. Sprinkle remaining cheese amongst all peppers.
5. Place peppers in the oven and broil until the cheese starts to brown (~3-5 minutes).

### **Nutrition Tips:**

1. Consider cooking quinoa in low-sodium broth to add more flavor.
2. Quinoa is a whole grain, meaning it contains a nutrient-rich brain, germ and endosperm. Quinoa is also one of the few plant-based “complete protein” sources, containing portions of the nine essential amino acids necessary to the human body.
3. In this recipe, you can switch quinoa out with another whole grain such as brown rice, wild rice, or barley.

### **Source:**

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.