

## Quinoa-Stuffed Peppers (Vegetarian Times)

1 medium onion	15 oz. can black beans, rinsed & drained
2 T. olive oil	
½ c. celery, finely chopped	¾ c. quinoa
1 T. cumin	3 large carrots, grated (1½ c.)
2 cloves of garlic, minced	1½ c. grated reduced-fat Pepper Jack cheese, divided
10 oz. pkg. frozen spinach, thawed & squeezed dry	4 large red bell peppers, halved lengthwise, ribs removed
30 oz. can diced tomatoes, drained & liquid reserved	

- Heat oil in saucepan over medium heat. Add onion and celery, and cook 5 minutes, or until soft. Add cumin and garlic, and sauté 1 minute. Stir in spinach and drained tomatoes. Cook 5 minutes, or until most of liquid has evaporated.
- Stir in black beans, quinoa, carrots, and 2 cups of water. Cover, and bring to a boil. Reduce heat to medium-low, and simmer 20 minutes, or until quinoa is tender. Stir in 1 cup cheese. Season with salt and pepper, if desired.
- Preheat oven to 350°. Pour liquid from tomatoes in bottom of baking dish.
- Fill each pepper half with heaping ¾ cup quinoa mixture, and place in baking dish. Cover with foil, and bake 1 hour. Uncover, and sprinkle each pepper with 1 T. remaining cheese. Bake 15 minutes more, or until tops of stuffed peppers are browned. Let stand 5 minutes. Transfer stuffed peppers to serving plates, and drizzle each with pan juices before serving.

This dish freezes well for future meals.