

Quinoa Stuffed Peppers

4 peppers (I used banana peppers from my garden, but red peppers will work too)

1 cup cooked quinoa

¼ yellow onion, diced

¼ cup roasted red peppers

2 cloves garlic

¼ c vegetable broth

¼ cup quartered cherry tomatoes

2T parmesan cheese

Preheat oven to 375*, or alternatively use air fryer set at 425*.

Heat EVOO in pan, and add onions. Cook for 2-3 minutes, until translucent. Add the red peppers and stir, let settle for 1 minute and then add garlic; cooking until fragrant.

Add vegetable broth and quinoa, and bring to a simmer. Turn off heat and add parmesan cheese, mix then stir in tomatoes.

Clean and half peppers, removing insides. Stuff with mixture and top with a sprinkle of parmesan

cheese. Bake uncovered in oven for 17-20 min, or in air fryer for 12 minutes.

