

Stuffed Quinoa Peppers with Eggs

Looking for a taste of summer? This version of stuffed peppers is light and full of fresh flavors. Added bonus: each serving has only 210 calories!

Serving size: ½ Stuffed Pepper with Egg (¼ of recipe)

This Heart-Check Certified recipe is brought to you by American Egg Board.

Ingredients

4 Servings

- + 1 tablespoon **olive oil**
- + 1/2 medium onion, chopped (about ½ cup)
- + 3/4 cup chopped **onion**
- + 2 **garlic cloves** (minced)
- + 1/2 teaspoon **paprika**
- + 1/2 teaspoon dried **oregano**
- + 1/4 teaspoon **salt**
- + pinch **black pepper**
- + 1 tablespoon **tomato paste**
- + 3/4 cup cooked **quinoa**
- + 2 tablespoons chopped, fresh **parsley** (divided)

+ 2 red bell peppers (halved)

+ 4 eggs


+ 1/4 cup fat-free feta

 **40 min** Total time

 **10 min** Prep time

 **30 min** Cook time

 **210** Calories per serving

 **2.0 g** Sat. Fat per serving

 **440 mg** Sodium per serving

Directions

- 1 Preheat oven to 400°F. HEAT oil in large skillet set over medium-high heat. Cook onion, eggplant, garlic, paprika, oregano, salt and pepper for about 5 minutes or until eggplant starts to soften. Stir in tomato paste and cook for 1 minute. Stir in tomatoes; cook for about 5 minutes or until eggplant and tomatoes are tender.
- 2 Remove from heat and stir in quinoa and half of the parsley. Spoon quinoa and vegetable mixture evenly into red pepper halves. Arrange in greased baking dish. Cover with foil. Bake for about 20 minutes or until peppers are tender-crisp.
- 3 Remove foil. Crack egg into each stuffed pepper and sprinkle with feta. Bake, uncovered, for 10 to 12 minutes or until peppers are tender and eggs whites are set or until desired doneness. Sprinkle with remaining parsley.

This Heart-Check Certified recipe is brought to you by American Egg Board.

