

Halloween Stuffed Bell Peppers

Cute idea for Halloween meal.

- 4 orange bell peppers
- $\frac{3}{4}$ c. cooked quinoa
- $\frac{1}{4}$ tsp salt
- 4-6 mushrooms, chopped, browned in skillet
- 1 poblano chili, roasted, chopped
- $\frac{1}{2}$ c. corn – fresh or frozen
- $\frac{1}{3}$ c. cooked black beans
- 2 oz shredded pepper jack cheese
- $\frac{1}{2}$ cup tomato sauce
- 3 oz. lean chicken sausage, cooked, crumbled

Cut tops off pepper, remove seeds and “carve” a Jack O’ Lantern face in each. Roast poblanos in oven at 450°F until skin blisters, remove from oven and “shock” in cold water. Remove outer skin and chop. Mix rest of ingredients in bowl. Stuff into peppers. Bake at 350°F until heated all the way through; approximately 30 minutes.

Meal Idea:

Make extra quinoa to use in a Pilaf to serve with your stuffed Jacks. To give quinoa more flavor, brown in dry pan over med-hot heat before adding liquid to cook. Using broth for the cooking liquid also gives more flavor. When quinoa is cooked, add sautéed chopped onion, mushrooms, poblano chilis and some of your favorite herbs such as thyme, rosemary and oregano.

