

5-Ingredient Mexican Quinoa Stuffed Peppers

Yield: 6 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-with-chicken-salsa-and-mexican-crumble-cheese>

Ingredients:

- 6 bell peppers medium, any color, tops cut off and cores removed
- 1 package crumbles Morningstar Farms Chipotle Black Bean, cooked according to package instructions
- 3 cups cooked quinoa
- 2 cups shredded pepper jack cheese freshly-
- 1 cup salsa good-quality, I used a salsa verde with corn
- avocado optional
- cheese optional
- chopped fresh cilantro optional

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 40 milligrams
4. Fat: 16 grams
5. Fiber: 7 grams
6. Protein: 16 grams
7. SaturatedFat: 8 grams
8. Sodium: 500 milligrams
9. Sugar: 4 grams

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