Stuffed Peppers – individual recipe

½ bell pepper

50ml rice or quinoa

75ml water

15ml frozen corn

1/3 jalapeno

1/8 zucchini

1/3 chicken breast

½ clove garlic

1/12 onion

¼ tomato

30ml salsa

25ml cheese

Preheat oven to 375 degrees F

Cook quinoa or rice in 1.5x the amount of water – bring water to boil add grain return to boil. Reduce heat to low and cover for 10 minutes until water is absorbed.

Add salsa and frozen corn to cooked rice/quinoa

Finely chop vegetables

Mince garlic

Chop chicken and sautee with 5ml oil until golden. Add vegetables and cook for 5 minutes until softened.

Mix chicken and vegetables with rice.

Place pepper into baking pan. Stuff with rice mixture and top with cheese. Bake for 10-15 minutes until cheese has melted and pepper has softened slightly. If preferred softer pepper – prebake lightly drizzled with oil for 5 minutes before stuffing.