



# Baked Stuffed Bell Peppers

## DIRECTIONS

1. Preheat oven to 350°
2. Saute garlic and onion in olive for 1 minute
3. Add celery and saute for 3 minutes
4. Mix in bowl with remaining ingredients except for nuts and bell peppers
5. Cut off top of peppers and scoop out insides
6. Fill each pepper with the mix and top w/nuts
7. Spray casserole dish to prevent sticking
8. Bake 30 minutes in casserole dish
9. Serve

**PREP TIME:** 10 minutes

**COOK TIME:** 30 minutes

**OVEN TEMP:** 350° F

**YIELDS:** 4 servings

## INGREDIENTS

- 2 cups cooked quinoa
- 2/3 cups walnuts
- 1 onion, finely chopped
- 2 cloves garlic, finely minced
- 4 celery stalks, chopped
- 4 bell peppers
- 1/2 cup parsley, chopped
- 2 teaspoons olive oil

