

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Quinoa Stuffed Red Bell Peppers with Tarragon



- 2 Tbls. almonds
- 1 pinch black pepper
- 4 cloves garlic, finely chopped
- 1 tsp. ghee
- 1 cup quinoa
- 2 red bell peppers, halved
- 1/2 cup red onion, diced
- 1 pinch salt
- 2 tsp. tarragon
- 1/4 cup goat cheese (optional)

Preheat oven to 350 degrees.

In a medium sauce pan, add quinoa and 2 cups of water. Bring to a boil. Lower temperature to a simmer, cover and let cook for 20 minutes or until quinoa becomes soft.

Heat ghee in a frying pan. When it melts, add diced onion and garlic. Sautee until the onions soften. Add tarragon, salt and pepper. Remove from heat and gently fold in quinoa. Then, gently fold in 3 tablespoons of goat cheese.

Cut the 2 bell peppers in half. Remove stems and seeds. Place on a baking sheet. Fill peppers with quinoa mixture. Top the peppers with the remaining goat cheese. Sprinkle slivered almonds on top. Bake for 15 minutes. Remove from oven, sprinkle with a little garnish of tarragon and serve.

For enhanced flavor, try grilling the peppers instead of baking. Place in broiler on high for 2 minutes after grilling to toast the almonds.

Recipe from joyfullbelly.com