

Turkey & Quinoa Stuffed Peppers with Arugula Pesto

INGREDIENTS

For Arugula Pesto

4 cups
arugula
1 cup fresh
basil
1/3 cup
olive oil
2 cloves of
garlic

For Stuffing

1 tablespoon
olive oil
1 pound
ground turkey - browned
1/2 cup onion
3/4 cup cooked
quinoa
1/4 cup
arugula pesto
1 raw egg
1 tsp onion
powder
1 tsp garlic
powder
Salt and
pepper
4 Red
Peppers cut in half (remove
stem and seeds carefully)
3/4 cup grated
mozzarella

PROCEDURE

1. Pre-heat oven to 350 degrees Add arugula, basil, garlic and olive oil to a food processor and process. Set aside.
3. In a non-stick pan add olive oil and brown onion and turkey on medium heat for about ten minutes until meat is no longer pink.
4. Turn off the heat and let the turkey mixture cool as you cut the peppers in half carefully removing the stems and seeds to make a nice boat.
5. Next, add the raw egg to the turkey mixture and combine well. Add 1/4 cup of pesto to the mixture and combine well.
6. Stuff the peppers, place on an oven pan with raised sides covered with parchment paper and cook in the oven for 15 minutes.
7. Top the stuffed peppers with mozzarella cheese and cook for an additional 15 minutes or until cheese is melted for total cooking time of 30 minutes.
8. Serve with a salad.