

Chicken Stuffed Peppers

Servings: 6

RECIPE BOX

INGREDIENTS

4-6 RED PEPPERS OF CHOICE, DE-SEEDED AND CUT IN HALF

2 CHICKEN BREASTS, COOKED AND SHREDDED

1 1/2 CUPS MOZZARELLA CHEESE, DIVIDED AND SHREDDED

1 CUP COOKED QUINOA

1 JAR PESTO (OR USE FRESH BASIL TO MAKE YOUR OWN)



DIRECTIONS:

STEP 1: Broil or grill for about 5 minutes until skin blisters

STEP 2: Preheat the oven to 350 degrees F

STEP 3: In large bowl, mix shredded chicken, cheese, pesto, and quinoa. Mix.

STEP 4: Evenly divide chicken mix into peppers

STEP 5: Bake for 10 minutes, Serve immediately.

GF This recipe is gluten free as written.

V Use chopped tofu or minced zucchini rather than the shredded chicken.

Nutrition per Serving: Calories 439; Carbs 13.04g; Fiber 2.3g; Sugar 3.27; Fat 30.55g; Protein 29.393g