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Quinoa Stuffed Peppers

4 sweet bell peppers, halved lengthwise, ribs and seeds removed

$\frac{3}{4}$ cup quinoa, well rinsed

1 cup low-sodium vegetable broth

1- 15 oz. can no-salt-added diced tomatoes

10 oz. baby spinach

1 small garlic clove

1 oz. (about 6 Tbs.) grated Parmesan cheese

1 large bunch basil, about 4 cups

3 Tbs. extra-virgin olive oil

freshly ground black pepper

$\frac{1}{4}$ tsp. kosher salt

3 Tbs. boiling water

$\frac{1}{4}$ cup unsalted pistachios

Directions:

Put the peppers skin side up on a lightly oiled baking sheet and broil on high until slightly charred and starting to soften, about 10 minutes. Remove the peppers from the oven and set them aside.

While the peppers are roasting, simmer the quinoa with the vegetable broth and tomatoes in a medium pot for 10 minutes. Stir in the spinach in batches. Spoon the quinoaspinach mixture into the roasted peppers.

To make the pesto, combine the garlic, Parmesan, basil, olive oil, pepper, and up to $\frac{1}{4}$ tsp. salt in a food processor and pulse until finely chopped but not smooth. Stir in the boiling water. Top the filled peppers with the pesto and garnish with the pistachios. Serves 4.

PER SERVING (2 halves)

Calories: 400 Total Fat: 19 g Sat Fat: 3.5 Protein: 14 g Sodium: 400 mg Cholesterol: 5 mg

Carbohydrates: 49 g Fiber: 9 g