



Heart & Home
Wellness Table Series



Ronald McDonald
House Charities®
Central Ohio

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JPMorganChase

Chicken Parmesan & Quinoa Stuffed Peppers

Chicken Parm gets a fun low-carb and gluten-free twist in these cheesy stuffed peppers with chicken and quinoa.

Serving Size: 1 stuffed pepper | Servings: 4 | Total Time: 1 hr



NUTRITION NOTES

- Smooth and heart-healthy, **olive oil** creates a flavorful base while supporting overall wellness.
- Savory and aromatic, **onion and garlic** build depth of flavor and bring natural immune-supporting compounds.
- Nutty and satisfying, **quinoa** adds whole-grain texture, fiber, and plant-based nutrients to keep the dish filling.
- Lean and protein-rich, **cooked chicken breast** helps make the meal hearty while supporting muscle health.

Chicken Parmesan & Quinoa Stuffed Peppers

Printing
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INGREDIENTS

- 1 tablespoon olive oil
- 1 medium onion, chopped (about 1 1/2 cups)
- 4 cloves garlic, minced
- 1/4 cup tomato paste
- 2 teaspoons dried basil
- 2 teaspoons dried oregano
- 1 cup quinoa, rinsed
- 1 1/4 cups water
- 3 cups shredded cooked chicken breast
- 1 1/2 cups lower-sodium marinara sauce
- 1/3 cup grated Parmesan cheese
- 3/4 cup sliced fresh basil, divided
- 4 large red bell peppers (about 8 ounces each)
- 2 ounces low-moisture, part-skim mozzarella cheese, shredded (about 1/2 cup)

INSTRUCTIONS

1. Preheat oven to 350 degrees F. Heat oil in a medium saucepan over medium-high heat. Add onion, garlic, tomato paste, dried basil, and dried oregano; cook, stirring occasionally, 4 to 5 minutes. Add quinoa; cook, stirring occasionally, for 30 seconds. Add water; increase heat to high and bring to a boil. Reduce heat to medium; cover and cook for 15 minutes. Remove from heat; let stand, covered, for 5 minutes. Stir in cooked chicken, marinara, Parmesan and 1/2 cup fresh basil.
2. Trim top 1/2 inch from peppers; remove seeds and membranes. Arrange the peppers, cut-sides up, in an 8-inch-square glass baking dish. Spoon the quinoa mixture evenly into the pepper halves (about 1 1/4 cups each).
3. Cover with foil and bake the stuffed peppers until they are softened, about 15 minutes. Uncover, sprinkle evenly with mozzarella. Continue baking, uncovered, until the cheese is melted, 5 to 7 minutes. Sprinkle evenly with the remaining 1/4 cup fresh basil.

Nutrition Profile: Bone Health | Nut-Free | Healthy Aging | Healthy Immunity
| Low-Sodium | Soy-Free | High-Fiber | High-Protein | Egg-Free | Low-Calorie

NUTRITION FACTS *(per serving)*

Serving Size: 1 stuffed peppers | Servings Per Recipe: 4 | Calories: 559

- 18g fat
- 49g carbs
- 48g protein

**Nutrition information provided directly by eatingwell.com and reflects values listed at the time of publication. Recipe sourced from: eatingwell.com*