

Pesto Chicken Stuffed Peppers

8 ingredients · 50 minutes · 2 servings



Directions

1. Bring a pot of water to a boil. Reduce to a gentle simmer, add chicken and cover. Let simmer until chicken is cooked through, about 15 to 20 minutes. Remove chicken and shred into pieces using two forks.
2. While your chicken cooks, cook your quinoa according to the directions on the package. Fluff with a fork and set aside.
3. Preheat your oven to 375°F (191°C).
4. Cut the tops off of the peppers and discard the seeds and ribs. Place peppers upside down in baking dish and add water. Cover with foil and bake for 25 minutes.
5. While peppers are baking, combine the cooked quinoa, shredded chicken, green onion, pesto, lemon juice and sea salt. Mix well and set aside.
6. Remove the peppers from the oven. Carefully remove the foil and turn right-side up. Drain any excess water from the baking dish.
7. With the peppers sitting upright, spoon equal amounts of the pesto chicken filling into each. Cover with foil again, then bake for an additional 20 minutes, or until filling is warmed through and peppers are very tender.
8. Remove the stuffed peppers from the oven and enjoy!

Notes

Additional Toppings

Parmesan cheese, nutritional yeast, fresh herbs, a pinch of red chili flakes or more pesto.

Tipsy Bell Peppers

If your bell peppers are tipsy and do not stand upright on their own, try slicing the bottom of them to create a flat surface.

More Carbs

Serve over a bed of rice or quinoa.

Make it Vegetarian

Swap out the chicken for cooked lentils.

Ingredients

- 4 ozs Chicken Breast
- 1/4 cup Quinoa (dry, uncooked)
- 2 Yellow Bell Pepper (large)
- 1 tbsp Water
- 1 stalk Green Onion
- 1/4 cup Pesto
- 1 1/2 tbsps Lemon Juice
- 1/16 tsp Sea Salt

Nutrition

Amount per serving

Calories	332	Calcium	134mg
Fat	15g	Iron	2mg
Saturated	3g	Vitamin D	1IU
Trans	0g	Vitamin E	3mg
Polyunsaturated	3g	Thiamine	0.2mg
Monounsaturated	8g	Riboflavin	0.4mg
Carbs	30g	Niacin	8mg
Fiber	4g	Vitamin B6	0.9mg
Sugar	3g	Folate	102µg
Protein	21g	Vitamin B12	0.1µg
Cholesterol	41mg	Phosphorous	351mg
Sodium	295mg	Magnesium	97mg
Potassium	900mg	Zinc	2mg

Cynthia Libert

<https://www.caringforthebody.org>



Vitamin A	1119IU	Selenium	15µg
Vitamin C	347mg		