

Curried quinoa and chickpea-stuffed bell peppers with balsamic-berry sauce

Serves 6

Ingredients

- 6 bell peppers, any color (preferably short, stout ones with relatively flat bottoms), tops and seeds removed
- 1 and ½ cups quinoa
- 3 cups vegetable broth
- 1 and ½ tsp. curry powder
- ½ tsp. cayenne pepper
- ½ tsp. salt
- Zest of one orange
- One 16 oz. can chickpeas, drained and rinsed
- 2/3 cup cashews, divided use
- Olive oil

Sauce

- 2 cups berries, any type (frozen are fine)
- 3 tbsp. balsamic vinegar
- 1 and ½ tsp. chopped fresh thyme
- Salt and pepper to taste

Directions

- 1) Bring a large pot of water a boil. Add the bell peppers and boil for about 3 minutes, or until tender but still vibrant in color. Set aside to cool.
- 2) Meanwhile, bring the broth, quinoa, curry powder, cayenne, salt, and orange zest to a boil. Reduce to a simmer and cook for about 20 minutes, or until the quinoa is tender and has absorbed all of the liquid. Season with salt and pepper to taste. During the last 5 minutes of cooking the quinoa, add the chickpeas.
- 3) For the sauce: bring all ingredients to a boil in a small saucepan. Simmer for about 10 minutes, or until reduced by half. Transfer to a blender or food processor and puree until smooth.
- 4) Toast the cashews in a small sauté pan over medium-high heat for about 2 minutes, or until golden brown. Roughly chop the cashews, then mix half of them into the quinoa. Set the other half aside.
- 5) Preheat the oven to broil (500 degrees F). Fill each bell pepper with a generous amount of the quinoa filling and place on a baking sheet. Drizzle the tops with olive oil and broil for 3-5 minutes, or until the tops are golden brown and the peppers are heated through.
- 6) Drizzle the top of each pepper with some of the balsamic-berry sauce and sprinkle with the reserved cashews. Dig in!

