

CHIMICHURRI QUINOA

VegFest STUFFED PEPPERS

Servings: 6

INGREDIENTS

- 1 Balsamic glaze sauce
- 3 red fresh bell peppers
- 1 cup chimichurri sauce & marinade
- 1.5 tsp. ground coriander
- ¼ Tbsp. Italian parsley
- 1 cup hot water
- 1 cup white quinoa

INSTRUCTIONS

1. Rinse quinoa in a fine mesh sieve. Transfer to microwaveable bowl and add hot water. Cover with plastic wrap. Pierce wrap with a fork two times. Microwave approximately 4-5 minutes until water has evaporated.
2. While quinoa is cooking, make chimichurri marinade/sauce according to recipe instructions.
3. Wash and dry bell peppers. Cut in half lengthwise and remove the stem and ribs. Lay peppers in a baking dish with the inside facing up.
4. When the quinoa is cooked, transfer to a bowl and fold into chimichurri sauce. Using a spoon, fill the pepper halves evenly with the quinoa blend. Cover pan with foil and roast in 350° F in oven for 30 minutes until the peppers are tender and internal temperature is 165° or above.
5. While peppers are roasting, wash, dry and chiffonade parsley.
6. Once peppers are done, remove from oven and garnish with balsamic glaze and fresh parsley.



CHIMICHURRI SAUCE & MARINADE

INGREDIENTS

- ¾ cup fresh cilantro
- 3 Tbsp. extra virgin olive oil
- 3 Tbsp. garlic clove
- ¼ tsp. kosher salt
- 1 cup fresh parsley
- 4 Tbsp. red wine vinegar

INSTRUCTIONS

1. Rough chop the parsley & cilantro and add to the bowl of food processor along with garlic and salt.
2. Turn on the food processor and slowly add the olive oil and red wine vinegar until combined.
3. Transfer to storage container or serving vessel. Hold at internal temperature of 40°F or below.

