



DR. SINATRA'S

MEDITERRANEAN STUFFED PEPPERS

Stuffed peppers are easy to prepare and very decorative. Just about any meat or vegetable can be included in this recipe, such as ground [lamb](#), shredded chicken, corn or [spinach](#). Stuffed peppers can be served hot or cold, so take some of these on a picnic or to work.

- ½ cup quinoa, rinsed
- 1 cup water
- 4 red bell peppers
- 6 fresh basil leaves, finely chopped
- 1 teaspoon minced garlic
- 1 ripe tomato, cored, seeded and minced
- ½ cup canned navy beans
- ½ pound sea scallops, diced, or other protein of your choice
- 4 tablespoons finely grated Parmesan cheese, divided

In a medium saucepan over medium heat, combine the quinoa and water; bring to a boil, stir, lower heat, cover and simmer for 20 minutes. Separate the grains with a fork. While the quinoa is cooking, prepare the peppers: Cut the tops off, then remove the seeds and ribs. When the quinoa is almost done, place an oven rack on the middle shelf of the oven and preheat to 350°F. In a medium bowl, combine the quinoa, basil, garlic, tomato, beans, scallops (if using) and 2 tablespoons of the cheese. Mix until well blended. Stuff the peppers with the mixture. Place the peppers in a loaf pan, so that they don't tip over. Bake for 10-15 minutes, until piping hot. Transfer to a serving dish. Cut each pepper into quarters or serve them whole. Serve with the remaining cheese on the side for sprinkling. Serves 4.