



# WESTERN WISCONSIN HEALTH

## **STUFFED PEPPERS (GLUTEN FREE & VEGAN)**

- 1 C. low-sodium gluten-free vegetable stock or broth
- 1 C. fresh apple cider
- 1 tsp. fennel seed, lightly crushed
- 1 C. quinoa, rinsed
- 2 T. Grand Selections olive oil
- 1 1/4 C. diced celery
- 1 1/4 C. diced onion
- 2 Granny Smith apples, peeled, cored and finely chopped
- Hy-Vee salt and Hy-Vee black pepper, to taste
- 1/2 C. Hy-Vee dried cranberries
- 2 T. finely chopped fresh thyme
- 1 T. finely chopped fresh sage
- 1/2 C. Hy-Vee chopped pecans, optional
- 6 medium green bell peppers, tops cut off and hollowed
- Thyme sprig for garnish, optional

### **Nutrition Facts**

Serving Size (354g)		Servings Per Container	
<b>Amount Per Serving</b>			
<b>Calories</b> 330	<b>Calories from Fat 120</b>		
		% Daily Value*	
<b>Total Fat</b> 13g			<b>20%</b>
Saturated Fat 1.5g			<b>8%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 50mg			<b>2%</b>
<b>Total Carbohydrate</b> 50g			<b>17%</b>
Dietary Fiber 8g			<b>32%</b>
Sugars 21g			
<b>Protein</b> 7g			
Vitamin A 10%		Vitamin C 170%	
Calcium 6%		Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

Preheat oven to 350°. In a medium saucepan, bring vegetable stock, apple cider and fennel seed to a boil over medium-high heat. Add quinoa; cover and return to a boil. Simmer covered until all liquid is absorbed, about 15 minutes. Meanwhile, heat olive oil in a large skillet over medium heat. Sauté celery, onions, apples, salt and black pepper for 5 minutes or until slightly softened. Combine quinoa and sautéed vegetables. Stir in cranberries, pecans, thyme and sage. Spoon into bell peppers and place in a baking dish. Bake for 30 to 35 minutes or until peppers are tender and stuffing is heated through. Serve garnished with fresh thyme.

**NUTRITION FACTS:** Serving size: 1 pepper per serving, 6 servings