

QUINOA & PECAN STUFFED PEPPERS

RECIPE COURTOSEY OF: THE AMERICAN PECAN COUNCIL

Ingredients

- 1 cup cooked quinoa
- 1 1/2 cups (1-15 ounce can) cooked black beans
- 1 cup frozen corn kernels
- 2/3 cup raw pecan pieces
- 1 to 2 tablespoons taco seasoning
- 2 cups fire roasted tomatoes
- 1/2 yellow onion, diced
- 1/2 cup chopped fresh cilantro, plus more for garnish
- 4 multicolor bell peppers
- 1 ripe avocado, diced (for garnish)
- 1 lime, sliced (for garnish)
- 2 radishes, sliced (for garnish, optional)

Instructions

1. In a large bowl, stir together the quinoa, beans, corn, pecan pieces, taco seasoning, tomatoes, onion, and cilantro.
2. Cut the tops off the peppers and use a spoon to scrape out the seeds and veins. Fill the hollowed peppers with the filling.
3. *If making in the Instant Pot:* Pour 1 cup of water into the Instant Pot liner. Fit with the trivet or large steamer basket. Place the peppers onto the trivet. Lock the lid, with valve sealing. Select manual/pressure cook (high) and set for 5 minutes. When the cook time is finishes, naturally release the pressure for 5 minutes before manually releasing any remaining pressure. Carefully remove the lid and ensure the peppers are fork tender. *If making in the oven:* Place peppers into a casserole dish, cover with foil, and bake at 350 degrees F. for 30 minutes, or until peppers are tender.
4. Remove the peppers and enjoy warm topped with avocado, lime, radish slices, and fresh cilantro.

