



## Grilled Vegetable & Quinoa Stuffed Peppers

### *Ingredients:*

4 bell peppers, halved and seeds removed  
1 cup quinoa, cooked  
1 zucchini, diced  
1 cup cherry tomatoes, halved  
1/2 cup feta cheese, crumbled  
2 tbsp olive oil  
1 tsp dried oregano  
Salt and pepper to taste

### *Instructions:*

Mix cooked quinoa, zucchini, tomatoes, feta, olive oil, oregano, salt, and pepper.

Stuff pepper halves with the mixture.

Grill until peppers are tender. Enjoy a heart-healthy and delicious meal!

Conclusion:

From enhancing your immune system to supporting weight management and promoting heart health, peppers are a nutritional powerhouse. Incorporate these flavorful recipes into your repertoire to savor the benefits of peppers while delighting your taste buds. Embrace the