

Dreamy Dill Stuffed Bell Peppers

Recipe makes 8 servings, each serving is:

334
kcal

10 g
fat

28 g
carbs

35 g
pro

Ingredients

- 800 g Extra Lean Ground Chicken Breasts
- 8 Bell Peppers
- 700 ml Chicken Bone Broth
- 1 c. Uncooked Quinoa
- 1.5 c. Broccoli, diced
- 1 Red Onion, diced
- Cheese blend: (Parmesan, Asiago, Romano)

Dreamy Dill Sauce

- ¼ c. Mayo
- ½ c. 0% Plain Greek Yogurt
- ½ c. Fresh Dill, diced
- Juice of 1 Lemon
- ½ tsp each: onion powder, garlic powder, salt

Directions

1. Preheat oven to 400 degrees F.
2. Remove the tops of the bell pepper or slice in half, remove the stem and seeds. Lightly spray or coat with olive oil. Pre-roast these peppers for around 10 minutes while preparing the stuffing ingredients.
3. In a small pot, over medium heat, cook 1 cup of uncooked quinoa with a 700 ml jar of Chicken Bone Broth.
4. In a large pan over medium heat, fry the chicken until 80% cooked through. Add the red onions and broccoli and cook until soft.
5. In a small bowl, combine all of the ingredients for the dreamy dill sauce.
6. Combine the chicken, vegetables, quinoa, and dreamy dill sauce together and mix evenly.
7. Remove the peppers that are pre-roasting, stuff, and top with cheese. Bake for around 20-30 more minutes until the peppers are soft, the cheese is melted, and the ingredients are bubbling inside. Let sit for 5 minutes before serving.

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