

## Quinoa & Black Bean Stuffed Bell Peppers with Roasted Sweet Potatoes

This dish is a nutritional powerhouse. The bell peppers, rich in vitamins A and C, are stuffed with a hearty mix of quinoa and black beans, providing a perfect balance of protein and fiber. This combination supports healthy digestion and sustained energy. The addition of roasted sweet potatoes brings a natural sweetness and is an excellent source of beta-carotene and complex carbohydrates.

### Ingredients:

#### For Stuffed Peppers:

- 4 bell peppers (assorted colors), tops cut off and seeds removed
- 1 cup quinoa, cooked
- 1 can black beans, drained and rinsed
- 1 cup corn (fresh or frozen)
- 1 cup diced tomatoes (canned or fresh)
- 1 tsp cumin
- 1 tsp paprika
- Salt and pepper to taste
- 1 avocado, sliced
- Fresh cilantro for garnish

#### For Roasted Sweet Potatoes:

- 2 large sweet potatoes, cut into wedges
- 2 tbsp olive oil
- 1 tsp garlic powder
- Salt and pepper to taste

### Instructions:

#### 1. Prepare the Stuffed Peppers:

- Preheat oven to 375°F (190°C).
- In a bowl, mix together cooked quinoa, black beans, corn, diced tomatoes, cumin, paprika, salt, and pepper.
- Stuff this mixture into the hollowed bell peppers.

- Place the stuffed peppers in a baking dish and bake for about 25-30 minutes, or until the peppers are tender.

## 2. Roast Sweet Potatoes:

- Toss sweet potato wedges with olive oil, garlic powder, salt, and pepper.
- Spread them on a baking sheet in a single layer.
- Roast in the oven for about 25-30 minutes, turning halfway through, until tender and slightly caramelized.

## 3. Assemble the Dish:

- Once the peppers are done, let them cool slightly.
- Top each pepper with avocado slices and garnish with fresh cilantro.
- Serve with a side of roasted sweet potato wedges.

Enjoy this colorful and nourishing meal, perfect for a cozy and healthy dinner!