



Recipe Name: Stuffed Tomato With Stir-Fried Quinoa And Feta Recipe

Diet Type:

Course: Appetizer

Cuisine: Middle Eastern

Quantity:



Ingredients

Ingredient	Quantity
• 4 Tomatoes - pulp scooped out	4
• 100 grams Quinoa - soaked in water for 2 hours	
• 1 Red Bell pepper (Capsicum) - chopped finely	
• 1 Yellow Bell Pepper (Capsicum) - chopped finely	
• 100 grams Cheddar cheese - grated	
• 50 grams Feta Cheese - cubed	
• 2 teaspoon Black pepper powder	
• Salt - to taste	

Preparation

- Once done add the quinoa and saute for 2 minutes then add 1 and 1/2 cups of water.
- Cover and let.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	22	30	24	4	6