

Jalapeño Poppers with Quinoa

A healthier version of this delicious Mexican inspired appetizer. Or try stuffing this filling into sweet peppers, tomatoes, or zucchini boats.



- 1 small block cream cheese (3 ounces)
- 1 1/2 cups grated cheddar, or jack, or mozzarella
- 2 cups cooked quinoa. (Or brown rice)
- Taco seasoning (about 6 to 8 teaspoons, to taste)
- Salsa (about 6 to 8 tablespoons, to taste)
- 1 clove minced garlic
- 2 1/2 teaspoons onion powder
- Jalapeño peppers
- More cheese for topping
- Chopped parsley

Slice about 1/3, (lengthwise), off the side of each jalapeño. Scrape out the seeds and membrane. Mix together the first seven ingredients until well blended. Stuff the mixture into the jalapeño shells and top with remaining cheese, parsley, and minced jalapeño. Bake at 375 for 20 minutes or until hot and bubbly.