



Spiced Stuffed Peaches With Chickpeas



Servings: 4

(2 peach halves with 1/3 c. filling each)

Ingredients	Nutrient value per serving
<p> ½ c. quinoa 4 large, medium-firm peaches 1 c. cooked chickpeas, rinsed and drained well (from a 15.5-oz. can of low-sodium chickpeas) ½ t. dried oregano 2 t. capers, rinsed and chopped ¼ c. flat-leaf parsley, chopped 2 scallions, cut into thin slices 1 med. lemon, zested and juiced (about 1½ T. juice) 1 T. olive oil </p>	<p> Exchanges 2 starch 1 fruit 1 protein 1 fat Calories264 Calories from Fat.....55 Total Fat.....6 g Saturated Fat 1 g Cholesterol0 mg Sodium129 mg Carbohydrate48 g Fiber8 g Sugar 21 g Protein.....9 g </p>
Instructions	Notes
<p> 1. Prepare the quinoa according to package directions. Fluff with a fork and set aside. 2. Cut each peach in half across the middle. Using a spoon (a serrated grapefruit spoon works well), scoop out the interior and pit of each peach half, leaving a ¼-in.-thick shell. Cut the flesh off of the pits and chop into small pieces. 3. In a medium bowl, mix the chopped peaches together with the quinoa and the remaining ingredients. Gently fill the peach shells with the quinoa mixture. There may be more filling than can fit inside your peaches, so any extra may be served on the side. If you would prefer to have your entree warmed, microwave at medium power for 3 min. </p>	<p> Prep and cook time: 30 min. </p> <p> This entree could easily be the star of the picnic season! These peaches make a great lunch alongside a green salad. They can be assembled ahead of time and enjoyed at room temperature. If you see red quinoa at the market, give it a try. The cooking method and flavor are the same as the more traditional grain you might be used to, but the color is an easy way to make your meal look more fancy. </p> <p> <i>GLUTEN-FREE recipes are prepared without any wheat, barley, rye or triticale. Check the label on each ingredient to make sure the brand you are using does not contain these grains in any form (flour, bread, stuffing, bran germ, malt, starch, etc.).</i> </p> <p> <i>VEGAN recipes are prepared without any animal products including fats, milk or eggs.</i> </p>