

## BELL PEPPERS STUFFED WITH SWISS CHARD

5 large red bell peppers  
3/4 cup quinoa, rinsed  
1-1/2 cups water  
1/2 tsp. salt  
1/4 cup pine nuts  
2 tsp. extra-virgin olive oil  
1 cup chopped scallions  
1/2 tsp. ground cumin  
10 ounces Swiss Chard or  
other fresh greens, shredded  
(8 cups)  
1/4 cup chopped fresh cilantro  
1/4 cup chopped fresh parsley  
2 Tbs. chopped fresh dill  
1 Tbs. lemon juice  
1 tsp. freshly grated lemon zest  
Freshly ground black pepper  
to taste

Preheat oven to 450° F. Spray a baking sheet with cooking spray or cover with parchment paper.

Cut the peppers in half lengthwise, leaving stems on. Carefully remove seeds. Place peppers, cut-side down, on the baking sheet. Bake for 10 to 15 minutes, or until just tender. Dice two halves; set all peppers aside.

While the peppers are baking, rinse the quinoa. This step is necessary to remove the bitter natural saponin coating of the quinoa kernel. Combine quinoa, water, and salt in a medium saucepan and simmer, covered, until tender, 10 to 15 minutes. Set aside.

Toast pine nuts in a dry skillet over medium heat, about 5 minutes, stirring, until lightly browned. Remove from skillet and set aside.

*Recipe continued on back*



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## BELL PEPPERS STUFFED WITH SWISS CHARD

Over medium heat, warm the oil, then sauté the scallions and cumin for about 2 minutes until softened. Add Swiss chard and cook, stirring occasionally, for 2 to 3 minutes, until greens are wilted. Remove from heat. Stir in cilantro, parsley, dill, lemon juice, lemon zest, reserved chopped pepper, cooked quinoa, and pine nuts. Adjust seasoning with salt and pepper.

Spoon the mixture evenly among pepper halves. Serve warm or at room temperature.

*Per serving (two stuffed pepper halves): 237 calories, 9 g protein, 10 g fat, 33 g carbohydrate, 456 mg sodium, 0 mg cholesterol.*

Serves four.



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## BERRY FRUITY HIGH-CALCIUM BREAD PUDDING

4 slices 100% whole-wheat bread, cut into 1/4-inch cubes, divided  
2 cups blueberries, divided (Other fresh, frozen or drained, chopped, canned fruit can also be used. If using frozen fruit, let thaw in refrigerator or microwave lightly to defrost.)  
1-1/2 cups part skim ricotta cheese, divided  
1 cup evaporated skim milk  
6 large egg whites or 3/4 cup liquid egg substitute  
1 cup low fat blueberry yogurt  
2 Tbs. sugar  
2 tsp. ground cinnamon  
2 tsp. vanilla extract

*This unusual combination works as a fun treat for breakfast and sneaks in one serving from the milk group! Feel free to substitute your favorite local fresh fruit for the blueberries. Blackberries, chopped peaches, or peeled chopped apples would also work well.*

Preheat oven to 350°F. Spray a 13" x 9" baking dish with cooking spray.

Arrange half of the cubed bread on the bottom of the baking dish. Spread half of the berries over the top of the bread. Dot this with half of ricotta cheese. Repeat layering with remaining bread, berries and cheese. Set aside.

In a large bowl, mix together the evaporated skim milk, egg whites or egg substitute, yogurt, sugar, cinnamon, and vanilla. Pour the mixture over the layered bread, berries, and cheese. Press down gently with the back of a large spoon, making sure liquid moistens the entire surface. The pan will be very full.

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## BERRY FRUITY HIGH-CALCIUM BREAD PUDDING

Place the baking dish on a cookie sheet to catch any spills. Bake for 60 to 85 minutes or until all of the liquid is absorbed and the top of the loaf is lightly browned. It will not be completely firm, but will continue to firm slightly as it cools.

This is especially good served warm, and it reheats beautifully.

*Per serving: 195 calories, 13 g protein, 5 g fat, 26 g carbohydrate, 220 mg sodium, 18 mg cholesterol, 276 mg calcium.*

Serves eight.



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