

Lamb Stuffing for Peppers or Summer Squash

1 lb. of Caveny Farm ground Katahdin lamb

½ c cooked red quinoa

1 large sweet onion, diced

1 c chopped fresh tomatoes from farmers market or garden

½ c water or turkey stock (white wine will work too)

Mediterranean Lamb Rub from Spice House to taste

Half sharp paprika for added flavor

Salt and freshly ground pepper to taste

12 oz. shredded parmesan cheese

Cook quinoa according to package directions. While quinoa is cooking, brown the ground lamb with the chopped onions. Season with lamb rub, salt and pepper. Drain meat mixture if desired and add cooked quinoa. Mix in chopped tomatoes. Add water, stock or wine and cook until thickened (about 15 min). While the mixture is cooking, add paprika and adjust seasonings as desired.

Let mixture cool to room temperature. Stir in cheese. Use immediately or refrigerate until ready to use.

Makes enough filling for about 12 cubanelle style peppers. Can also be used to stuff summer squash.