**Stuffed baby peppers**

These colourful and healthy canapés are great for a Christmas party.

Serves 20

* 50g quinoa
* 1 clove garlic, crushed
* 10g raisins, roughly chopped
* 1 tsp ground cumin
* 1 spring onion, finely chopped
* 1 tbsp tomato puree
* juice half lemon
* 1 tsp oil
* 10 mixed baby peppers
* 5 cherry tomatoes, quartered
* 75g reduced-fat mozzarella, sliced into 10 pieces
* 1 tsp chopped chives, to garnish
* good grind black pepper

1. Preheat the oven to 180°C/gas 4.
2. Rinse the quinoa in a sieve, then add to a pan with 150ml water. Bring to the boil, turn down the heat and simmer gently for 15 minutes. Drain off any unabsorbed water and fluff with a fork.
3. Place the quinoa in a bowl with the garlic, raisins, cumin, spring onion, tomato puree and lemon juice. Mix well and set aside.
4. Meanwhile, lightly oil a baking tray and halve the peppers lengthways, leaving the stems in place and removing the seeds.
5. Divide the quinoa evenly between the peppers and top each with a tomato quarter and a small piece of mozzarella.
6. Place the peppers onto a baking tray and bake for 10-12 minutes until the peppers have softened and the cheese has melted. Sprinkle with chives and a grind of black pepper.