User Settings

Cmd + **Shift** + **P** **>**

Open User Settings (JSON)

```
{
  "[r]": {
  "editor.formatOnSave": true
  }
}
```

```
{
  "quarto.cells.background.color": "useTheme",
}
```

https://gist.github.com/ivelasq/8e22d163ae33da6aa397b7b038767ae6