

Black Bean Stuffed Peppers

Ingredients:

Non stick cooking spray
 3 green peppers
 15 ounces black beans, canned,
 drained and rinsed to remove
 sodium
 8 ounces corn, canned
 1 cup brown rice, cooked
 1 medium onion, finely chopped
 1 1/2 teaspoons cumin
 1/2 cup reduced fat cheddar
 cheese, grated
 1/4 teaspoon garlic powder
 1 teaspoon cilantro
 1/4 cup water

Equipment:

9 x 13 baking pan
 Cutting board
 Knife
 Can opener
 Mixing bowl
 Mixing spoon
 Measuring cups
 Measuring spoons

Number of Servings: 6
 Prep Time: 15 minutes
 Total Time: 45 minutes

Directions

1. Preheat oven to 350° F. Spray 9" x 13" pan with nonstick cooking spray.
2. Cut peppers in half lengthwise starting with the stem, cutting through the center. Remove seeds and membranes.
3. In a large bowl, combine remaining ingredients except cheese.
4. Fill each pepper half with bean mixture and place in pan.
5. Pour 1/4 cup water into the pan.
6. Cover with aluminum foil and bake for 30 minutes.
7. Remove foil and sprinkle each half with cheese. Bake uncovered for 5 minutes or until cheese is melted.

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Nutrition Facts

Serving Size: 1/2 pepper with filling
 Servings: 6

Amount Per Serving		Calories from Fat 18	
		%Daily Value*	
Calories	162		
Total Fat	2g		3%
Saturated Fat	1g		3%
Cholesterol	2mg		1%
Sodium	360mg		15%
Total Carbohydrate	29g		10%
Dietary Fiber	6g		26%
Protein	8g		17%
Vitamin A	8%	Vitamin C	95%
Iron	6%	Calcium	6%

*Percent Daily Values are based on a 2,000 calorie diet.

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