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

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.

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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>%Daily Value*</th>
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</thead>
<tbody>
<tr>
<td>Calories 212</td>
<td>Calories from Fat 18</td>
</tr>
<tr>
<td>Total Fat 9g</td>
<td>3%</td>
</tr>
<tr>
<td>Saturated Fat 1g</td>
<td>3%</td>
</tr>
<tr>
<td>Cholesterol 2mg</td>
<td>1%</td>
</tr>
<tr>
<td>Sodium 350mg</td>
<td>15%</td>
</tr>
<tr>
<td>Total Carbohydrate 25g</td>
<td>10%</td>
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<tr>
<td>Dietary Fiber 6g</td>
<td>28%</td>
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<tr>
<td>Protein 8g</td>
<td>17%</td>
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</tbody>
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*Percent Daily Values are based on a 2,000 calorie diet.

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