

Eat Smart • Move More

Black Bean Stuffed Peppers

Prep Time: 15 minutes

Total Time: 45 minutes



Ingredients

- Nonstick cooking spray
- 15 ounces low-sodium canned black beans, drained and rinsed
- 8 ounces low-sodium canned corn, drained and rinsed
- 1 cup cooked brown rice
- 1 onion, chopped
- 1 ½ teaspoons cumin
- 1 teaspoon cilantro
- ¼ teaspoon garlic powder
- 3 bell peppers, halved lengthwise and seeded
- ¼ cup water
- ½ cup reduced fat cheddar cheese, shredded

Directions

- Heat oven to 350°F. Spray a baking pan with nonstick cooking spray.
- In a mixing bowl, combine black beans, corn, brown rice, onion, cumin, cilantro, and garlic powder. Mix well.
- Fill each pepper half with bean mixture and place in the pan. Pour ¼ cup water into the pan. Cover with aluminum foil and bake for 30 minutes.
- Remove foil and sprinkle each pepper half with cheese. Bake uncovered for 5 minutes or until cheese is melted.

Nutrition Facts

6 servings per container	
Serving size	1 serving (263g)
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 230mg	10%
Total Carbohydrate 23g	8%
Dietary Fiber 6g	21%
Total Sugars 5g	
Includes g of Added Sugars	
Protein 14g	
Vitamin D 0mcg	0%
Calcium 191mg	15%
Iron 3mg	15%
Potassium 535mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips

- Change the flavor by changing the seasonings and vegetables. For an Italian version, use cannellini beans, mushrooms, Italian seasoning, and mozzarella cheese.
- Use leftover rice or cook ⅓ cup of dry with ⅔ cup of water.

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(Recipe adapted from Food.com as listed at: <http://www.food.com>.)

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