

Stuffed Bell Peppers



Ingredients:

- 15 oz can of black beans, rinsed and drained
- 2 cloves of garlic, minced
- 1 cup corn
- 1 teaspoon cilantro
- 1 cup cooked brown rice
- ¼ cup water
- ½ cup onion, finely chopped
- non-stick cooking spray
- 1½ teaspoon cumin
- 2 bell peppers (any color)
- 2 oz part-skim mozzarella cheese or reduced fat cheese



Stuffed Bell Peppers continued



Directions:

- 1 Cut peppers in half lengthwise and remove all seeds.
- 2 In a large bowl, combine remaining ingredients except cheese. Mix.
- 3 Fill each pepper half with bean mixture and place in pan.
- 4 Pour $\frac{1}{4}$ cup water into bottom of pan.
- 5 Cover with aluminum foil and bake for 30 minutes at 350 degrees.
- 6 Remove foil and sprinkle each half with cheese. Bake uncovered for 5 minutes or until cheese melts.



Tips:

To prevent young children from choking, cut bell pepper into pieces no larger than $\frac{1}{2}$ inch.