Stuffed Bell Peppers

**Ingredients:**

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

Mod_1_Recipe3_en_2010
**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 ¼ 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 ½ inch.