



# Vegetable-Stuffed Peppers

## “Peppers Pack a Punch”

Yield: 6 servings

Serving Size: 1 stuffed pepper

### Ingredients:

- 6 medium-sized green (bell) peppers
- large pot of boiling water
- 3 cups corn kernels
- 2 cups cooked kidney beans
- 3/4 cup shredded cheese
- 1 onion, minced
- 1 clove garlic, minced
- 1 teaspoon cayenne pepper
- 1 tablespoon oil
- black pepper

### Directions:

Cut off the tops of the peppers, and take out the seeds. Put the peppers in the boiling water, and cook them for 5 minutes. Remove the peppers carefully, place them upside down to drain. In a medium-sized bowl, combine the corn, beans, cheese, onion, garlic, cayenne pepper, black pepper and oil. Stuff the cooled peppers with this filling. Stand the stuffed peppers in a baking dish and pour a little water into the dish. Do not cover. Bake at 375° F for about 20 minutes.

(Each serving provides 261 calories, 71 calories from fat, 7.94 grams fat, 14.9 mg cholesterol, 376 mg sodium, 40.1 grams carbohydrates, 12.3 grams fiber, 12 grams protein)

Source: <http://aggie-horticulture.tam.edu/extension/nutritionfactsheets/greenpeppers.html>