

Bell Pepper



Bell Peppers (no matter the color) are low in calories and are excellent sources of vitamins A, C and E, potassium, folic acid, and fiber. Fresh, raw bell peppers are mainly composed of water (92%). The rest is made up of carbohydrates and small amounts of protein and fat.

Consumption of bell peppers has been shown to be effective in reducing the risk of cataracts and macular degeneration. The high level of vitamin C in bell peppers aids in the absorption of dietary iron which can help prevent anemia.

Southwestern Stuffed Bell Peppers

Serves 2

Prep Time: 10 minutes

Cook Time: 35 minutes

Ingredients

2 bell peppers, any color	1 cup cooked brown rice or quinoa
1 cup chunky-style mild salsa	½ cup canned black beans, rinsed and drained
½ cup frozen corn	½ teaspoon chili powder
¼ teaspoon cumin	¼ teaspoon salt
¼ teaspoon pepper	4 slices sharp cheddar cheese
1 tablespoon chopped green onion & cilantro (optional)	

Directions

1. Cut peppers in half; remove seeds. Place in a shallow baking dish, cut-side down. Bake in preheated 425°F oven 15 minutes or until skins begin to bubble and peppers are just tender.
2. Combine rice, salsa, beans, corn, chili powder, cumin, salt and pepper. Mix lightly.
3. Fill baked peppers with rice mixture; cover with foil. Lower the temperature to 400°F and bake for 15 minutes. Uncover and top with cheese slices. Continue baking 5 minutes or until cheese is melted and filling is hot. Sprinkle with chopped green onions and cilantro.