

Stuffed Peppers

Ingredients

1 can black beans, rinsed
2 peppers
1 C defrosted frozen corn
½ C 2% cheddar cheese

2 tsp chili powder
1 tsp garlic salt
2 T spicy salsa

Makes 4 servings

Prep-time: 8 minutes



1. Preheat the oven to 350° F.
2. In a large pan pour about ½ inch of water and bring it to a simmer. Slice the tops off of both peppers and place them in the pot. Let the peppers cook for five minutes, covered.
3. While the peppers steam, combine the black beans, corn, half of the cheese, chili powder, garlic salt, and salsa. Stir until evenly mixed.
4. Once the peppers are finished steaming, allow them to cool slightly. Slice them in half and trim out the seeds.
5. Place the peppers in a baking dish and fill with the black bean mixture. Bake for 7 minutes until completely warmed through.
6. Once the peppers come out of the oven, top with the remaining cheese.

This recipe is:

- Vegetarian
- An excellent source of fiber
- An excellent source of calcium
- Good source of iron