

Stuffed Green Peppers



CHOICES
Steps Toward
Health

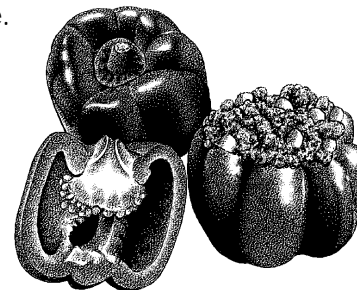
Serves 6

1 tablespoon vegetable oil
1/2 cup onion, chopped
1 clove garlic, minced,
or 1/8 teaspoon garlic powder
3 large green peppers
1 16-ounce can kidney beans, drained
2 cups cooked rice, brown or white
1 tablespoon dried parsley
or 2 tablespoons fresh parsley (optional)
1/4 teaspoon black pepper
1/2 cup cheddar cheese, grated, low-fat

TIPS:

- A good way to use leftover rice.
- Make extra and freeze for later use.
- Brown rice is a whole grain.

1. Wash and prepare vegetables.
2. Cook onion and garlic in vegetable oil.
3. Add beans, rice, parsley, and black pepper.
(You may use more beans and less rice).
4. Cut washed green peppers in half, remove seeds and place in baking pan.
4. Spoon bean mixture into each pepper.
Top with grated cheese.
5. Bake at 350°
for 10-15 minutes.



Nutrition Facts: Serving size: 1/2 pepper; Calories: 210; Fruits and Vegetables: 1 1/2; Fat: 3.5 g; Fiber: 7 g



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