
STUFFED BELL PEPPERS



D'LISH

Gluten-Free, Nut-Free, Egg-Free, Vegetarian

Yield: 4 servings **Prep time:** 20 minutes **Total time:** 30 minutes

Ingredients

- 4 bell peppers
- 2 tbsp olive oil
- 1 cup low-fat shredded cheese
- 2 cups brown rice, cooked
- 1 can black beans OR chickpeas, drained and rinsed
- 1 can corn, drained and rinsed
- 1 avocado, sliced
- 2 scallions, chopped
- 1/2 cup fresh cilantro, chopped
- 2 limes
- 1/4 tsp black pepper
- 1/4 tsp garlic powder
- 1 tsp paprika

Directions

1. Preheat oven to 450°F and line a baking sheet with parchment paper. Slice the peppers in half lengthwise, remove the seeds and membranes, and place on the baking sheet, cut side up. Drizzle with 1 tbsp olive oil and black pepper. Bake for 10 minutes.
2. While bell peppers are baking prep other ingredients: Microwave or cook brown rice on stovetop, drain canned beans and corn, chop scallions and cilantro. Slice avocado.
3. In a large bowl make the filling: Mix together 1 tbsp olive oil, garlic powder, cayenne, paprika, scallions, cilantro, lime juice and zest. Fold in brown rice, black beans and corn.
4. Scoop filling into the pepper halves and top them with shredded cheese. Broil for 2-5 minutes or until the cheese is bubbling and browned.
5. Serve with avocado sliced and lime wedges.

Grocery List

- Bell peppers
- Olive oil
- Shredded cheese
- Brown rice
- Beans
- Corn
- Avocado
- Scallions
- Fresh Cilantro
- Lime
- Seasonings: black pepper, garlic powder, paprika

Kitchen Equipment

- Baking sheet
- Measuring cups & spoons
- Cutting board
- Chef's knife
- Large bowl
- Can opener
- Spatula
- Colander

Per serving: Calories: 430; Total Fat: 19g; Saturated Fat: 5g; Sodium: 412mg; Total Carbohydrates: 49g; Fiber: 11g; Protein: 16g

Ingredient tip

- For a dairy-free/vegan option can substitute shredded cheese for dairy-free cheese, nutritional yeast or leave cheese off.
- May substitute brown rice for quinoa or farro. For a low carb option, you can leave the grains off and add more beans.
- May add hot sauce, salsa or sour cream for serving.
- You can keep these peppers in the fridge for 3-4 days or freeze up to 2-3 months. To re-heat, thaw in the fridge overnight and bake at 350 until heated through.

Nutrition Information

- These stuffed bell peppers are low in calories and fat and high in protein, fiber, vitamins and minerals.
- Bell peppers are an excellent source of fiber, vitamins A and C.
- Brown rice is packed with fiber, lignans and magnesium, which all have beneficial effects on heart health and heart disease risk.
- Beans are loaded with protein, fiber, vitamins and minerals that can help reduce inflammation, fend off chronic diseases, contribute to weight loss, improve gut health, and promote satiety.

Notes