



Vegetarian Stuffed Peppers

Servings 6 | Prep time 25 mins. | Total time 1 hour 10 mins.

Equipment: Cutting board, Large mixing bowl, Can opener, Square baking dish

Utensils: Knife, Measuring cups and spoons, Mixing spoon

Ingredients

2 eggs

1 cup nonfat dry milk

1 1/2 cups brown rice cooked

1 cup shredded blended low-fat cheese

1 15 ounce can no salt added corn

1 onion, chopped

1/2 teaspoon black pepper

1 1/2 teaspoons garlic powder

3 medium green peppers cut in halves, seeds and stem removed

1 15 ounce can no salt added chopped tomatoes, drained

Instructions

1. Before you begin wash your hands, surfaces, utensils, and vegetables.
2. Preheat oven to 350 degrees.
3. In a large bowl, combine the eggs, nonfat dry milk, rice, cheese, corn, onion, black pepper, and garlic powder.
4. Place green pepper halves in a 9x9-inch baking dish.
5. Spoon mixture into pepper halves until very full. Pour tomatoes over peppers.
6. Bake for 40-45 minutes.

Nutritional Information:

Calories 280 Total Fat 7g Sodium 260mg Total Carbs 39g Protein 18g