



Vegetarian Stuffed Peppers

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

Equipment:

Cutting board
Large mixing bowl
Can opener
9x9-inch square baking dish

Utensils:

Knife
Measuring cups and spoons
Mixing spoon

Ingredients

2 eggs
1 cup low-fat dry milk
1 1/2 cups brown rice, cooked
1 cup reduced fat cheese, shredded
1 15 ounce can no salt added corn
1 onion, chopped
1/2 teaspoon black pepper
2 cloves garlic, minced OR 2 teaspoons garlic powder
3 medium green peppers cut in half, 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 produce.
2. Preheat oven to 350 degrees.
3. In a large bowl, combine the eggs, non-fat 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