



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