

STUFFED PEPPERS

This recipe can be cooked stovetop or in the oven. If using the oven, preheat to 375 degrees

Ingredients

Serves 2

- 1 bell pepper
- 1/2 cup black beans
- 1/4 cup corn
- 1/4 cup diced onion
- 1 lime (juiced)
- 1 clove garlic (minced)
- 1 tsp olive oil
- 1 bunch of cilantro
- Salt & pepper to taste

- ♥ *Optional:* Add other spices for flavor like garlic powder, paprika, cumin ,
- ♥ and/or onion powder
- Optional:* Jalapeños, black olives or cheese for toppings

Directions*

- ♥ Cut out the stem of bell pepper, slice pepper in half (vertical) and remove seeds. Place to the side.
- ♥ Heat oil in a skillet over medium heat. Add onions, garlic and corn and sauté until golden brown (~3-5 minutes).
- ♥ Add beans, lime juice and any additional spices and cook until for another 3-4 minutes (be careful not to overcook as beans will get mushy!)
- ♥ Once cooked, scoop out bean, corn and onion mixture using a spoon and stuff into uncooked peppers
- ♥ *If using oven:* Place stuffed peppers onto cooking tray and place in the oven until pepper is tender (20-30 minutes)
- ♥ *If stovetop:* Place stuffed pepper back in pan, cover and cook over low to medium heat until pepper become tender, making sure that skin doesn't burn.
- ♥ Top with cilantro or other toppings & **ENJOY!**



DID YOU KNOW?

Peppers are low in calories and packed with vitamins—including A, C and E