

# Stuffed Green Peppers

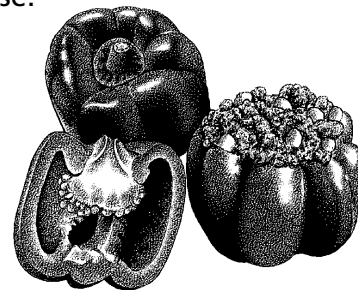
Serves 6

1 tablespoon vegetable oil  
½ cup onion, chopped  
1 clove garlic, minced, or ⅛ teaspoon  
garlic powder  
3 large green peppers  
1 16-ounce can kidney beans, drained  
2 cups cooked rice, brown or white  
1 tablespoon dried parsley or 2 tablespoons  
fresh parsley (optional)  
¼ teaspoon black pepper  
½ cup cheddar cheese, grated, low-fat

1. Wash and prepare vegetables.
2. Cook onion and garlic in vegetable oil.
3. Add beans, rice, parsley, and black pepper.  
(You may use more beans and less rice.)
4. Cut washed green peppers in half, remove seeds  
and place in baking pan.
5. Spoon bean mixture into each pepper.  
Top with grated cheese.
6. Bake at 350°F  
for 10-15 minutes.

## TIPS:

- A good way to use leftover rice.
- Make extra and freeze for later use.
- Brown rice is a whole grain.



## Nutrition Facts:

Serving size: ½ pepper; Calories: 210; Fruits and Vegetables: 1½ serving; Fat: 3.5 g; Fiber: 7 g



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