

# Corn and Pepper Cups

**Yield** 10 Servings

## Ingredients

5	green peppers (cut in half, lengthwise)
1/2	small onion, chopped
1 1/2	garlic cloves, chopped
3 cups	cooked rice
1 can	diced tomatoes with chiles, undrained (10 1/2 ounces)
1 can	whole kernel corn, drained (8 1/2 ounces)
1/2 cup	cheddar cheese, shredded

## Instructions

1. Remove seeds from peppers. Cook in boiling water 2 to 3 minutes. Drain. Set aside.
2. Cook onion and garlic in oil in medium skillet over medium-high heat for 3 minutes.
3. Combine rice, tomatoes, corn and onion mixture. Mix well.
4. Spoon rice mixture into pepper halves. Places on baking sheets coated with cooking spray.
5. Bake at 350°F for 10 minutes or until hot. Sprinkle with cheese.
6. Bake again at 350°F for 5 minutes until cheese melts.

## Cost

Per recipe: \$4.56

Per serving: \$0.46

## Source

University of Maryland Extension. [Food Supplement Nutrition Education Program](http://www.umd.edu/extension/food-supplement-nutrition-education-program).

<b>Nutrition Facts</b>	
Serving Size (174g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 130</b>	<b>Calories from Fat 20</b>
% Daily Value*	
<b>Total Fat 2.5g</b>	<b>4%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 130mg</b>	<b>5%</b>
<b>Total Carbohydrate 23g</b>	<b>8%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 3g	
<b>Protein 4g</b>	
Vitamin A 10%	• Vitamin C 90%
Calcium 6%	• Iron 6%
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	