

Southwestern Pepper Cups

Yield 10 servings

Ingredients

5	green bell pepper (medium, halved and seeded, or use red or yellow peppers)
1/3 cup	onion (chopped)
1 1/2	garlic clove (chopped)
3 cups	rice, cooked
1 can	tomatoes with chiles (10 1/2 ounce, diced and undrained)
1 can	whole kernel corn (8 1/2 ounce, drained)
	vegetable cooking spray
1/3 cup	cheese, cheddar, shredded

Instructions

1. Wash hands.
2. Blanch peppers in boiling water 2 to 3 minutes. Drain. Set aside.
3. Cook onion and garlic in oil in medium skillet over medium high heat for 3 minutes.
4. Combine rice, tomatoes with chiles, corn and onion mixture. Mix well.
5. Spoon into pepper halves, place on baking sheet coated with cooking spray.
6. Bake at 350 degrees for 10 minutes or until hot. Sprinkle with cheese.
7. Bake again at 350 degrees for 5 to 10 minutes or until hot and cheese melts.

Cost

Per recipe: \$9.72

Per serving: \$0.97

Source

Arizona Nutrition Network, Don't Play With Your Food: Spring and Summer Cookbook

Nutrition Facts	
Serving Size 1/2 prepared pepper, 1/10 of recipe (170g)	
Servings Per Container 10	
Amount Per Serving	
Calories 110	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 210mg	9%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 3g	
Vitamin A 8%	• Vitamin C 80%
Calcium 4%	• Iron 6%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	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	