

Corn and Pepper Cups

Makes: 10 Servings

Use brown rice in this classic stuffed pepper dish to add more whole grains to your meal.

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)
- 3/4 can whole kernel corn, drained (12 ounce)
- 1/2 cup cheddar cheese, shredded

Directions

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.

Nutrition Information

Nutrients	Amount
Calories	114
Total Fat	2 g
Saturated Fat	1 g
Cholesterol	6 mg
Sodium	211 mg
Total Carbohydrate	22 g
Dietary Fiber	2 g
Total Sugars	6 g
Added Sugars included	0 g
Protein	4 g
Vitamin D	0 IU
Calcium	68 mg
Iron	1 mg
Potassium	244 mg

N/A - data is not available

MyPlate Food Groups

 Vegetables	3/4 cup
 Grains	1/2 ounce
 Dairy	1/4 cup

Notes

Learn more about:

- [Bell Peppers](#)
- [Tomatoes](#)
- [Onions](#)
- [Garlic](#)
- [Corn](#)

Source: University of Maryland Extension. Food Supplement Nutrition Education Program.