

Stuffed Peppers

Serves: 4

Ingredients

4 medium green bell peppers	½ cup (2 oz.) crumbled Feta cheese
2 cups cooked brown basmati rice	½ tsp. dried basil
1 cup canned pinto beans, rinsed and drained	Salt and freshly ground black pepper, to taste
¾ cup finely chopped onion	2 tsp. olive oil
¾ cup corn kernels (fresh or frozen)	1 tsp. lemon juice

Preheat oven to 375 degrees.

Spray an 8-inch square baking dish with cooking spray. Cut the tops off bell peppers and set aside. Remove seeds. To help peppers stand firmly, trim a thin slice from bottom, take care not to cut through. In a large bowl, combine rice, beans, onion, corn, Feta, basil, salt, and pepper.

Spoon the filling into the bell peppers, packing them lightly. Place peppers in a baking dish and cover them with reserved tops. Place the baking dish on the middle rack in oven. Carefully add water to baking dish to a depth of 1 ½ inches.

Bake until the peppers are soft when pierced with a knife, about 45 minutes. Remove pepper tops and discard. In a small bowl, combine the oil and lemon juice and spoon over peppers. Let the stuffed peppers stand for 20 minutes before serving.

Per serving: 284 calories, 7 g total fat (3 g saturated fat), 48 g carbohydrates, 9 g protein, 8 g dietary fiber, 475 mg sodium.