Vegetarian Mexican-Style Stuffed Peppers  
Makes servings 6 servings

Ingredients:

Three large green bell peppers, halved lengthwise, seeded  
1 tablespoon olive oil  
½ cup chopped onion  
2 cloves garlic, minced (about 2 teaspoons)  
2 cups cooked brown rice  
1 (15-ounce) can black beans, drained and rinsed  
1 (15-ounce) can diced tomatoes  
1 teaspoon chili powder  
½ teaspoon ground cumin  
¼ teaspoon EACH salt and pepper  
2 tablespoons chopped fresh cilantro (optional)  
6 ounces (1 ½ cups) shredded cheddar cheese, divided

Directions.

1. Preheat oven to 400 degrees.
2. Heat the olive oil in a small saute pan. Add the onion and garlic and cook for 3 minutes, until softened. Remove from heat.
3. In a large bowl combine onion mixture, cooked rice, beans, tomatoes, chili powder, cumin, salt, pepper, cilantro (if using), and 1 cup of the cheddar cheese. Mix until combined.
4. Stuff the peppers with the rice mix. Place in a 9X13 inch baking pan. Add ½ cup of water to the pan. Cover with foil and bake for 20-30 minutes, until peppers are soft.
5. Sprinkle with remaining cheese. Place back in oven for 2 minutes to melt cheese. Serve

Nutritional Information per serving:

Calories: 221  Carbohydrates: 32g  
Total Fat: 3 g  Cholesterol: 8mg  
Saturated Fat: 21g  Dietary Fiber: 6g  
Sodium: 348mg  Protein: 16g