

# Veggie Stuffed Peppers



Packed with flavor and baked to perfection  
courtesy of the CMH Clinical Nutrition Team.  
Serves 6

## Ingredients:

3 cups cooked quinoa or brown rice	¼ cup crumbled feta cheese
1 (4-ounce) can green chiles or chile pepper of your choice	3 tablespoons chopped fresh cilantro leaves
1 cup corn kernels (frozen or canned in no added salt)	1 teaspoon cumin
½ cup canned black beans (low sodium or no added salt), drained and rinsed	1 teaspoon garlic powder
½ cup petite diced tomatoes (fresh or canned in no added salt)	½ teaspoon onion powder
½ cup shredded pepper jack cheese	½ teaspoon chili powder, or more to taste
	Ground black pepper, to taste
	6 bell peppers, tops cut, stemmed and seeded (choose a variety of colors)

## Directions:

- Preheat oven to 350 degrees F. Line a 9x13 baking dish with parchment paper.
- Cook quinoa or brown rice.
- Rinse and prepare bell peppers (cut tops, stem, and removed seeds).
- Prepare additional ingredients (rinse canned veggies/beans, rinse and chop any fresh veggies).
- In a large bowl, combine quinoa, green chiles, corn, beans, tomatoes, cheeses, cilantro, cumin, garlic, onion and chili powder, and pepper.
- Spoon the filling into each bell pepper cavity. Place on prepared baking dish, cavity side up, and bake until the peppers are tender and the filling is heated through (about 25-30 minutes).
- Serve immediately.