



Corn and Pepper Cups

Servings: 10

Serving Size: ½ pepper

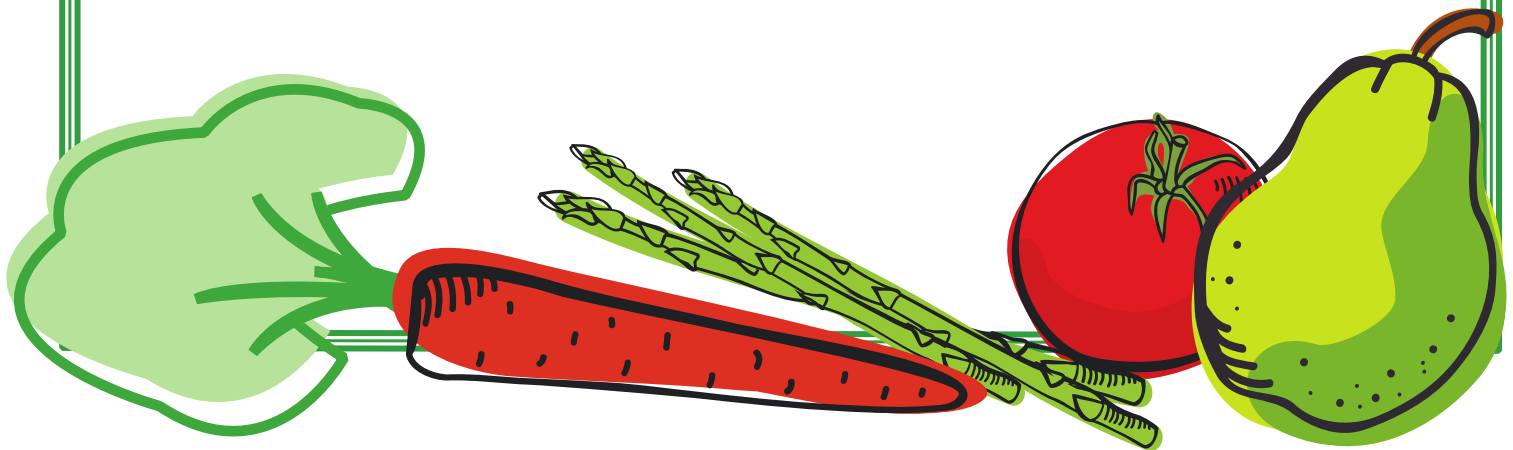
Ingredients:

- 5 green peppers, washed and cut in half lengthwise
- ½ small onion, chopped
- 1 ½ garlic cloves, chopped
- 3 cups cooked rice
- 1 can (10 ½ ounce) diced and un-drained tomatoes with chilies
- 1 can (8 ½ ounce) drained whole kernel corn
- Vegetable cooking spray
- ½ cup shredded cheddar cheese

Directions:

1. Remove seeds from peppers. Cook in boiling water 2 to 3 minutes.
2. Drain. Set aside.
3. Cook onion and garlic in oil in medium skillet over medium high heat for 3 minutes.
4. Combine rice, tomatoes, corn and onion mixture. Mix well.
5. Spoon rice mixture 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 minutes until cheese melts.

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 10	
Amount Per Serving	
Calories 110	Calories from Fat 10
<small>% Daily Value*</small>	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 21g	7%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 4g	
Vitamin A 8%	• Vitamin C 90%
Calcium 4%	• Iron 4%
<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>	
<small>Calories: 2,000 2,500</small>	
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
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	



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