

Stuffed Peppers

Serving Size: ½ Pepper | Servings per Recipe: 4 | Diabetes Friendly



INGREDIENTS

- 2 large red bell peppers, halved and seeds removed
- 1 can (8 oz) stewed tomatoes, with liquid
- ½ cup rice
- ½ can (15 oz) kidney beans, drained and rinsed
- ½ cup canned corn, drained
- ½ cup shredded mozzarella cheese

DIRECTIONS

- Place pepper halves in a microwave-safe dish. Cover with plastic wrap and poke holes. Microwave 4 minutes until tender. Set aside.
- Cook rice according to package instructions.
- Stir tomatoes, kidney beans, and corn into cooked rice. Heat until warm.
- Spoon rice mixture into pepper halves. Cover and microwave 4 minutes.
- Remove cover, sprinkle with cheese, and let stand 1–2 minutes until melted.



Calories per serving: 179 | 4 g total fat | 28 g total carbohydrates | 250 mg sodium | 9 g protein