

Vegetarian Stuffed Peppers

Makes: 6 Servings

A fun way to eat more vegetables. Blended American and Skim milk cheeses enhance this recipe.

Ingredients

- 1 **cup** blended American and skim milk cheese (cut into pieces)
- 2 eggs
- 1 **cup** nonfat dry milk
- 1 **1/2 cups** white rice (cooked)
- 1 **can** low-sodium corn (drained, about 15 ounces)
- 1 onion (chopped)
- 1/2 teaspoon** black pepper
- 1 **1/2 teaspoons** garlic powder
- 3 medium green peppers (cut in halves, center removed)
- 1 **can** low-sodium tomatoes (drained and chopped, about 15 ounces)

Directions

1. Preheat oven to 350 degrees F.
2. In a large bowl, combine the eggs, nonfat dry milk, rice, cheese, corn, onion, black pepper, and garlic powder.
3. Place green pepper halves in a 9x9-inch baking dish.
4. Spoon mixture into pepper halves until very full. Pour tomatoes over peppers.
5. Bake for 35 to 40 minutes.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	250	
Total Fat	3 g	
Protein	18 g	
Carbohydrates	37 g	
Dietary Fiber	3 g	
Saturated Fat	1.5 g	
Sodium	470 mg	