**BLACK BEAN STUFFED PEPPER**

**INGREDIENTS**

3 1/4 oz  Yellow onion (diced)  
2 1/4 cup  Water  
5 ea  Green pepper (chilled)  
1 3/4 oz  Cream cheese  
4 1/2 cup  Brown rice  
13 1/2 oz  Baby spinach  
16 1/2 oz  Tomatoes (canned, diced)  
3 g  Green chilies (diced)  

25 oz  Black beans (canned)  
2 g  Cumin (ground)  
2 g  Oregano (dried)  
1 3/4 oz  Colby cheddar cheese (shredded)

**INSTRUCTIONS**

1. Cut peppers lengthwise in half. Set aside.
2. Prepare brown rice according to package directions. It should be light and fluffy.
3. In a large bowl, combine all ingredients (not including green peppers) and mix to combine.
4. Press divided mixture equally into each green pepper half.
5. Place peppers in baking pan, cover with foil, and chill to 40°F in blast chiller.
6. Bake at 300°F for 1 hour or until internal temperature reaches 165°F.

**NUTRITION**

- Calories: 288
- Sodium: 280 mg
- Trans Fat: 0 g
- % Calories from Saturated Fat: 10%

Number of Servings: 10 (389 g per serving)  
Recipe courtesy of Maine Medical Center