

# Southwestern-Style Stuffed Peppers

*Chef Curtis Stone  
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## **Servings: 4**

*2 beefsteak tomatoes, halved  
2 tablespoons canola oil, plus more to coat the peppers  
1 ear corn, kernels removed  
1/2 (1/4 cup) yellow onion, finely chopped  
1/2 zucchini, diced  
1 clove garlic, chopped  
1/4 teaspoon ground cumin  
1/4 teaspoon chili powder  
1/4 teaspoon cayenne  
1 can (15 ounce) black beans, rinsed and drained  
1 1/2 cups cooked long-grain white rice  
1/4 cup sour cream  
salt (to taste)  
pepper (to taste)  
4 small green peppers, halved through the stem and seeded  
1/2 cup Monterey Jack cheese, grated  
2 tablespoons cilantro, coarsely chopped*

## **Preparation Time: 10 minutes**

## **Cook Time: 40 minutes**

Position the rack in the center of the oven. Preheat the oven to 400 degrees.

Place a grater inside a medium bowl. Rub the cut side of the tomatoes over the large holes in the grater. Reserve the pulp and discard the skins.

Heat a large saucepan over medium-high heat. Add the oil, corn, onions, zucchini and garlic. Cook, stirring occasionally, for 8 minutes or until the vegetables are caramelized. Stir in the cumin, chili powder, cayenne, tomato pulp, beans and rice. Simmer for 2 minutes or until heated through. Remove from the heat and stir in the sour cream. Season with salt and pepper.

Lightly coat the outsides of the peppers with oil. Season with salt and pepper. Place the peppers, cut sides up, on a baking tray. Divide the filling among the peppers.

Roast for 30 minutes or until the peppers are tender and slightly charred. During the last 5 minutes, sprinkle cheese over the peppers. Bake until the cheese melts.

Sprinkle cilantro over the top and serve.

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Per Serving (excluding unknown items): 445 Calories; 16g Fat (30.6% calories from fat); 18g Protein; 61g Carbohydrate; 11g Dietary Fiber; 19mg Cholesterol; 95mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat.

Vegetarian

## Per Serving Nutritional Analysis

Calories (kcal):	445	Vitamin B6 (mg):	.5mg
% Calories from Fat:	30.6%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	53.5%	Thiamin B1 (mg):	.7mg
% Calories from Protein:	15.9%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	16g	Folacin (mcg):	297mcg
Saturated Fat (g):	5g	Niacin (mg):	3mg
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	19mg	% Refuse:	0%
Carbohydrate (g):	61g		
Dietary Fiber (g):	11g	<b>Food Exchanges</b>	
Protein (g):	18g	Grain (Starch):	3 1/2
Sodium (mg):	95mg	Lean Meat:	1
Potassium (mg):	1123mg	Vegetable:	1 1/2
Calcium (mg):	207mg	Fruit:	0
Iron (mg):	4mg	Non-Fat Milk:	0
Zinc (mg):	3mg	Fat:	2 1/2
Vitamin C (mg):	111mg	Other Carbohydrates:	0
Vitamin A (i.u.):	1257IU		
Vitamin A (r.e.):	175RE		

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

Calories 445      Calories from Fat: 136

### % Daily Values\*

<b>Total Fat</b> 16g	24%
Saturated Fat 5g	27%
<b>Cholesterol</b> 19mg	6%
<b>Sodium</b> 95mg	4%
<b>Total Carbohydrates</b> 61g	20%
Dietary Fiber 11g	43%
<b>Protein</b> 18g	
<b>Vitamin A</b>	25%
<b>Vitamin C</b>	185%
<b>Calcium</b>	21%
<b>Iron</b>	23%

\* Percent Daily Values are based on a 2000 calorie diet.