

Vegetarian

Stuffed Peppers and Tomatoes

Palm Beach Post

Servings: 4

Preparation Time: 15 minutes

Start to Finish Time: 1 hour

Bake Time: 45 minutes

2 cups rice (brown or wild), cooked

2 medium green peppers

2 medium tomatoes

Herbs of choice (oregano, basil, thyme, chives)

3/4 cup frozen corn or peas, thawed

1 medium onion, chopped

2 centiliters garlic, chopped

1/2 cup water

Preheat oven to 400 degrees.

Cook the rice until it is just about ready

Slice the tops of the peppers and tomatoes, saving the tops.

Remove and discard the seeds of the pepper. Remove and save the insides of the tomatoes. Set aside pepper and tomato shells.

In a medium size bowl, mix the rice, herbs, corn or peas, onion, garlic and the insides of the tomatoes together.

Stuff the rice mixture into the shells of the tomatoes and peppers. Replace the tops.

Place in a deep baking dish with 1/2 cup of water and bake for 45 minutes.

Per Serving (excluding unknown items): 44 Calories; trace Fat (6.6% calories from fat); 2g Protein; 10g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 9mg Sodium. Exchanges: 1 1/2 Vegetable.