
Tex-Mex Stuffed peppers

Publix Aprons

Servings: 6

Start to Finish Time: 1 hour

3 medium bell peppers (assorted colors)
1 jar (16 ounce) chunky salsa, divided
1 package (8.8 ounce) precooked white rice
2 cups chili
2 cups Mexican shredded cheese, divided
nonstick aluminum foil
1/2 bunch (1/2 cup) fresh cilantro, coarsely chopped
1 Hass avocado (optional), peeled, pitted and chopped

Preheat the oven to 400 degrees.

Cut the peppers in half (remove the seeds and membranes).

Pour the salsa evenly into a 13x9-inch baking dish. Arrange the peppers over the salsa, outside up.

In a medium bowl, combine the rice, chili and one cup of cheese. Spoon the chili mixture evenly into the peppers. Cover the dish with foil.

Bake for 45 minutes.

Remove the foil and top evenly with the remaining cheese.

Bake 8 to 10 more minutes or until the peppers are tender and the chili is 165 degrees.

Top the peppers with cilantro and avocado, if using. Serve.

Per Serving (excluding unknown items): 95 Calories; 5g Fat (41.2% calories from fat); 5g Protein; 10g Carbohydrate; 4g Dietary Fiber; 14mg Cholesterol; 444mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Fat.