

Stuffed Red Peppers

I submitted this dish as a vegetarian choice but I changed the rice from white rice to brown rice for more nutrition and dietary fiber. Originally the dish contained no fat, no cholesterol, and no added sodium and provides fiber.

Recipe submitted by Jeanne Polak-Recht, Registered Dietitian

Amount	Measure	Ingredients	Preparation Method
3	Individual	Red Peppers	Cut into half lengthwise without seeds
3	Individual	Celery stalks	Cut into ½ inch pieces
1	Tablespoon	Vegetable oil	
1	Medium	Onion	Finely chopped
3	Individual	Tomatoes	Finely chopped
1 1/3	Cups	Brown rice	Cooked
2	Tablespoons	Parmesan cheese	Fresh, grated

1. Cut celery, onion, and tomatoes into small pieces and mix with cooked brown rice.
2. Fill pepper cases with the rice and vegetable mixture.
3. Top with grated cheese and bake in 350 degree oven for 30 minutes.
4. Green or yellow peppers may be used. Other vegetables may be used in the filling.

Yield: Six (6) ½ cup servings. Yield one pepper half for each serving.

	Calories	Sodium	Total fat	Sat. fat	Chol	Fiber
Daily Value (DV)	2,000	2400 mg	65 g	20 g	300 mg	25 g
1 serving of this recipe	77	2mg	3 g (4%)	-	-	6g (24%)

Do you have recipes that you want us to modify?
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