Blazzin’ Stuffed Peppers

Ingredients:
• 2 medium red bell peppers
• 2 medium green bell peppers
• ½ medium onion, chopped
• 2 small tomatoes, chopped
• 2 c. corn (fresh or frozen)
• 2 15-ounce cans black beans, drained and rinsed
• 2 tbsp. olive oil
• 1 tsp. cumin
• ½ tsp. cayenne pepper
• 1 garlic clove, minced
• 2 tsp. cilantro, finely chopped
• ¼ c. shredded cheese (try pepperjack for more of a kick)

Directions:
1. Rinse peppers under cold water. Cut them in half lengthwise and remove the seeds.
2. Place peppers in a large pot and cover with water. Bring the water to a boil, reduce the heat, cover and simmer for five minutes. Drain the peppers and set aside.
3. Preheat oven to 350 F.
4. Sauté the chopped onion until tender.
5. In a large bowl, mix together onions, tomatoes, corn and black beans.
6. In a separate bowl, combine the rest of the ingredients, except the cheese and peppers.
7. Add the oil mixture to the vegetables; mix until spread throughout.
8. Place bell pepper halves on a greased baking sheet. Fill with the mixture and sprinkle each one with cheese.
9. Baked for 8 to 10 minutes or until cheese is completely melted.

Makes 8 servings. Per serving: 130 calories, 2 grams (g) fat, 7 g protein, 26 g carbohydrate, 7 g fiber, and 240 mg sodium.