

FIERY STUFFED POBLANOS

Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Vegetarian

Serves: 8, 1 stuffed pepper per serving

Nutrition (per serving)

Total Fat: 5 g

Saturated Fat: 2 g

Sodium: 579 mg

Total Carbohydrate: 32

Dietary Fiber: 7 g

Calories: 223

Protein: 11 g

PREP TIME: 50 min

COOK TIME: 25 min

**TOTAL TIME: 1 hour,
15 min**



Ingredients

8 poblano peppers

1 can (15 oz) black beans, rinsed and drained

1 medium zucchini, chopped

1 small red onion, chopped

4 garlic cloves, minced

1 can (15.25 oz) whole kernel corn, drained

1 can (14.5 oz) fire-roasted diced tomatoes, undrained

1 cup cooked brown rice



OSF
HEALTHCARE

1 Tbsp ground cumin
1 tsp ground ancho chili pepper
1/4 tsp salt
1/4 tsp pepper
1 cup shredded Mexican cheese blend, divided
3 green onions, chopped
1/2 cup reduced fat sour cream

Directions

1. Broil peppers 3 inches from heat until skins blister, about 5 minutes. Using tongs, rotate the peppers a quarter turn. Broil and rotate until all sides are blistered and blackened. Immediately remove from heat and place in large bowl and cover. Allow to stand for 20 minutes, covered.
2. In a large skillet cook and stir zucchini and onion until tender. Add garlic and cook about 1 additional minute. Add corn, tomatoes, rice, seasonings and beans. Remove from heat and stir in 1/2 cup cheese. Set aside.
3. Preheat oven to 375. Peel charred skins from poblanos, discarding skins. Cut a lengthwise slit through each pepper, leaving the stem intact. Remove membranes and seeds.
4. Spoon 2/3 cup filling into each pepper. Place peppers in a 13 x 9 baking dish coating with cooking spray.
5. Bake until heated through, 18-22 minutes. Top with green onions and remaining cheese and bake about 5 minutes longer, until cheese is melted.
6. Serve with sour cream.