

Hot Stuffed Peppers



- 4 ancho, poblano, Mexi-bell, Anaheim or other peppers
- Nonstick vegetable spray
- 1 cup fresh corn scrapped from the cob or 1 cup frozen corn kernels, thawed
- 1/4 cup chopped sweet onion
- 1/3 cup chopped green bell pepper
- 2 tablespoons fresh cilantro, chopped
- 1 cup grated reduced fat Cheddar cheeses
- 1/4 cup bread crumbs
- 1 cup reduced fat sour cream

1. Cut hot peppers in half lengthwise, remove seeds and membranes. Spray baking pan with nonstick vegetable spray and place pepper halves in pan.
2. Combine remaining ingredients, except sour cream, to make stuffing. Fill peppers.
3. Bake at 350°F for 45 minutes. Serve with reduced fat sour cream.

Serves 4.

Nutrition Facts		
Servings per recipe: 4		
Amount Per Serving		
Calories 153	Calories from fat 27	
	% Daily Value	
Total Fat 3		5%
Saturated Fat 2g		9%
Cholesterol 8mg		3%
Sodium 245mg		10%
Carbohydrate 22g		7%
Dietary Fiber 2g		10%
Protein 11g		22%
Vitamin A: 14%	Vitamin C: 267%	Folacin: 11%
Calcium: 16%	Iron: 8%	Potassium: 10%

Modified from original source: Eldridge, S. (1997) The New Americana Cookbook, page 112. CNE Publications, Inc., P.O. Box 55, Salisbury Cove, ME 004672
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