



INGREDIENTS

- 12 Large Bell Peppers (about 4 pounds)
- 3 Cups Cooked Quinoa
- (3) 15½ Ounce Cans Black Beans (drained and rinsed)
- 3 Cups Diced Tomatoes
- 1½ Cups Corn
- 3 Teaspoons Cumin
- 3 Teaspoons Chili Powder
- Salt and Pepper (to taste)

DIRECTIONS

1. Preheat oven to 375°.
2. Cut the tops off the bell peppers and remove seeds.
3. In a bowl, mix together quinoa, black beans, tomatoes, corn, cumin, chili powder, salt, and pepper.
4. Stuff each pepper with the mixture and place in a baking dish.
5. Cover with foil and bake for 25 minutes. Remove the foil and bake for another 5-10 minutes until the peppers are tender.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Lunch/Supper

YIELD

12 Peppers

PORTION SIZES

Toddler: ⅛ Pepper

Preschool: ¼ Pepper

School Age: ½ Pepper

Adult: ½ Pepper