

VYP

Vary Your Protein Recipe Series

Recipe Category: Hot Main Dish

Beans, Rice and Tuna-Stuffed Pepper

Yield: 2 servings, each 1/2 of a large stuffed pepper

- 1 large fresh sweet bell pepper, any color
- 2 tablespoons frozen corn kernels
- 5 tablespoons chunky tomato salsa, divided
- 3 ounces tuna canned in water, drained well
- 1/4 cup cooked dry beans, any kind (such as black or red), cooked without salt, rinsed and drained
- 1 teaspoon dried parsley leaves
- 1/4 cup cooked rice, brown or white
- 2 tablespoons water
- 2 tablespoons grated Parmesan cheese

1. Wash your hands and work area.
2. Rinse pepper under cool running water. Cut away and discard stem, membranes and seeds. Leave the body of the pepper whole and intact.
3. In a mixing bowl, stir together corn, 2 tablespoons salsa, tuna, cooked beans, parsley and rice.
4. Place pepper on a piece of aluminum foil. Spoon the mixture into the pepper until it just reaches the top.
5. Bring foil loosely up around the sides of the pepper, but leave the top exposed.
6. Place 1 tablespoon salsa on top of the filling.
7. Spray the bottom of a baking pan OR a slow cooker with non-stick cooking spray. Place the wrapped pepper into the pan or slow cooker, keeping the foil opening at the top.

(continued on reverse side)

For more information about healthy eating, contact your local extension office or log on to www.ksre.ksu.edu/humannutrition/ The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, **Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS.** Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, "VYP Recipe Series," Jan. 2009. This material was funded by USDA's Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.



K-STATE

Research and Extension

Meal suggestion:

Serve with whole grain bread, carrot sticks, a nectarine and low-fat milk.

This extra lean hot main dish is an excellent source of vitamin C and a good source of dietary fiber, vitamin A and calcium.

Nutrition Facts

Serving Size 1/2 of a large stuffed pepper (227g)
Servings Per Container 2

Amount Per Serving

Calories 160 **Calories from Fat** 25
% Daily Value*

Total Fat 3g **5%**
Saturated Fat 1.5g **8%**
Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 520mg **22%**

Total Carbohydrate 21g **7%**

Dietary Fiber 4g **16%**

Sugars 4g

Protein 14g

Vitamin A 10% • Vitamin C 110%

Calcium 10% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

1 1/2 carbohydrate choices per serving.

Beans, Rice and Tuna-Stuffed Pepper *(Continued)*

8. In the same mixing bowl, along with any remaining rice mixture, stir together remaining 2 tablespoons salsa and water.
9. Pour sauce into the opening of the foil, around the bottom of the pepper. Wrap foil edges together tightly.
10. Bake in an oven at 350 degrees F. for 45 minutes. OR, cover slow cooker and cook on LOW heat setting for 5 to 10 hours.
11. To serve, open foil and place stuffed pepper on a dinner plate. Cut pepper in half, from top to bottom. Put half on a second dinner plate. Cut each half in half. Spoon sauce in foil over each serving. Sprinkle 1 tablespoon cheese over each serving. Serve warm.
12. Cover and refrigerate leftovers within two hours.