



Cooking in the Kitchen at Olums

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*Cooking Delicious Recipes
that are Easy & Nutritious!*
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Simple Stuffed Peppers

Makes about 3 cups

Ingredients:

- 2 cups cooked brown rice
- 1 cup fresh corn
- 1 bunch of scallions, chopped (about ¼ cup)
- 4 small bell peppers, halved, stem and seeds removed
- ½ cup cheddar cheese, shredded

Directions:

1. Preheat the oven to 400° F.
2. In a mixing bowl combine the rice, corn, and scallions.
3. Stuff each pepper with the rice mixture, and top with cheese. Arrange in a baking dish and pour ½ cup water around the peppers. Bake at 400° F for 30-35 minutes until the peppers are tender.

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