

STUFFED BELL PEPPERS

By Kathy Klonecke

Ingredients

- 1/2 cup barley or farro, uncooked
- 1-1/2 cups low sodium vegetable broth
- 3/4 cup zucchini, diced
- 1 cup black beans, puréed
- 1/2 cup corn
- 1/2 cup Vidalia onion, chopped
- 2 garlic cloves, minced
- 1 cup tofu diced (optional)
- 1-3/4 cups no salt added tomato sauce
- 1 tsp chili powder
- cayenne pepper to taste
- 4 bell peppers, tops cut off, seeds and pulps removed

Directions

1. Preheat oven to 350°. In a small saucepan over high heat, boil barley or farro in broth until cooked completely, about 30 to 45 minutes. In a large bowl, combine barley, zucchini, black beans, corn, onion, garlic, tofu, 1/2 cup of tomato sauce, chili powder and cayenne pepper to taste and mix together thoroughly.
2. Spoon mixture into peppers. In a small casserole dish, spread 1/4 cup of tomato sauce. Place stuffed peppers, standing, in casserole dish. Pour remaining tomato sauce on top of stuffed peppers.* Bake for 45 minutes, covered.
3. *Make ahead tip: Keep covered stuffed peppers in refrigerator up to 24 hours before baking.

Nutrition Facts per stuffed bell pepper: 280 Cals, 14g protein, 3g total fat (1g saturated fat), 50g carb, 0mg cholesterol, 173mg sodium, 13g fiber.