



Sweet Peppers Stuffed with Scalloped Corn

Serves 4

For extra flavor, use roasted red bell peppers for the shells. To roast, place the bell peppers on a baking sheet lined with aluminum foil. Broil (grill), turning frequently with tongs, until the skin blackens all over, about 10 minutes. Transfer the peppers to a bowl, cover and let steam until the skin loosens, about 10 minutes. Peel, cover and refrigerate until needed.

4 red or green peppers
1 Tbsp olive oil
½ onion, chopped
1 green bell pepper, chopped
1 ½ cups fresh corn kernels, cut from about 4 large ears of corn
½ tsp salt
1/8 tsp chili powder
2 Tbsp chopped fresh cilantro or parsley
3 egg whites
½ cup fat free milk
½ cup water

1. Preheat oven to 350 degrees. Lightly coat a baking dish with cooking spray.
2. Cut the tops off the bell peppers and remove the seeds. Place in the prepared baking dish and set aside.
3. In a medium skillet, heat the olive oil over medium heat. Add the onion, chopped green pepper and corn. Sauté until the vegetables are tender, about 5 minutes. Stir in the salt, chili powder, and cilantro or parsley. Reduce heat to low.
4. In a small bowl, whisk together the egg whites and milk. Add to the corn mixture and stir. Increase heat and continue stirring until egg whites begin to set, about 5 minutes. The mixture should be moist, not dry.
5. Spoon ¼ of the corn mixture into each pepper. Add the water to the bottom of the baking dish. Cover the peppers loosely with aluminum foil. Bake until the peppers are tender, about 15 minutes. Transfer to individual plates and serve.

Nutritional Analysis

Serving Size: 1 stuffed pepper

Calories	174
Total Fat	4g
Saturated Fat	0.5g
Monosaturated Fat	2.58
Cholesterol	1mg
Sodium	357mg
Carbohydrates	31g
Dietary Fiber	5g
Protein	8g
Potassium	517mg
Calcium	57mg

Diabetic Exchanges:

Starches	1
Milk and milk products	1/2
Nonstarchy vegetables	2
Meat and meat substitutes	1
Fats	1