Stuffed Peppers – Perfect Summer Choice

While surfing food blogs looking for vegetarian options which could be served hot or cold, I was reminded of the delicious simplicity of stuffed peppers. Like poke bowls, the variety of ingredients can be altered to suit your taste. I was surprised how delicious the cold leftovers were the next day for lunch.

Stuffed Peppers

Start with sweet, **organic peppers** in your choice of colour. Serving size ½ to 1 per person

The main mix is **rice & beans**. Many recipes call for jasmine rice, but I like brown rice mixed with a bit of quinoa. Black beans come in a can, or you can cook your own (softer & more delicious). You can freeze homemade black beans for use in other recipes later like soups & burritos.

Fresh corn from the cob – In summer when fresh corn on the cob is available take the time to cook a few cobs and slice off the kernels to add to your recipe. The fresh corn will add sweetness to your dish.

Garlic & onions – fresh raw or roasted garlic and small scallions will add flavour

Limes – Use the juice but also add a bit of zest

Spices – Here is where you can really customize to suit your taste. Try one of the following or mix and match: cumin, curry, coriander, freshly ground pepper, sea salt, or even cayenne pepper.

Cilantro – most people have a love or hate response to cilantro but I think it enhances the dish. You can add a little or a lot.

Cheese or no cheese – If you are dairy free just skip the cheese, otherwise you can sprinkle the top with cheese of your choice.

Tips for Baking:

The secret is to pre-bake your peppers by cutting them half, removing seeds and cooking on a baking sheet for 10 mins at 400-450F. Remove the liquid and stuff with your mixture. Cook for 10-15 mins at 400F.

Serve with guacamole or sliced avocados, a lime wedge and if you like some “kick” jalapeno peppers!

** Photo flickr, Cayobo*