

Sweet peppers stuffed with scalloped corn

Tip: 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.

SERVES 4

Ingredients

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

Directions

Preheat the oven to 350 F. Lightly coat a baking dish with cooking spray.

Cut the tops off the bell peppers and remove the seeds. Place in the prepared baking dish and set aside.

In a medium skillet, heat the olive oil over medium heat. Add the onion, chopped green pepper and corn. Saute until the vegetables are tender, about 5 minutes. Stir in the salt, chili powder, and cilantro or parsley. Reduce heat to low.

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.

Spoon 1/4 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

(per serving)

Serving size: 1 stuffed pepper			
Calories	174	Cholesterol	1 mg
Protein	8 g	Sodium	357 mg
Carbohydrate	31 g	Fiber	5 g
Total fat	4 g	Potassium	517 mg
Saturated fat	0.5 g	Calcium	57 mg
Monounsaturated fat	2.5 g		

DIABETES MEAL PLAN EXCHANGES

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