



Marinated Peppers*

Serves 4

INGREDIENTS

- 1 red bell pepper
- 1 green bell pepper
- 1 yellow bell pepper
- 1-1/2 cloves garlic, sliced
- 1 Tablespoon balsamic vinegar
- 1/4 cup extra virgin olive oil
- 1/2 teaspoon chopped fresh basil
- 1/2 teaspoon chopped fresh parsley
- Salt and pepper to taste

Prep: 30 m

Cook: 55 m

Ready In: 1 h 15 m

DIRECTIONS

1. Preheat the oven to 450 degrees F (200 degrees C).
2. Place the whole red, green and yellow peppers in the oven directly on the rack. Roast for about 15 minutes, turning if needed, until the skin is well scorched.
3. Immediately place in a bowl covered with plastic wrap or in a paper bag, and allow to cool.
4. Remove the skins from the peppers by rubbing with your hands, and rinse under cold water. Cut in half, remove stem and seeds, then cut into strips.
5. Place peppers into a medium serving bowl, and stir in the garlic, vinegar, oil, basil, parsley, salt and pepper.
6. Serve with toasted Italian or French bread slices.

*From: AllRecipes.com <https://www.allrecipes.com/recipe/89447/marinated-peppers/>

Please see last page for Nutrition Facts.



Black Beans with Bell Peppers & Rice*

Serves 4

Prep/Total Time:
30 m

INGREDIENTS

- 1 Tablespoon olive oil
- 1 each medium sweet yellow, orange and red pepper, chopped
- 1 large onion, chopped
- 2 garlic cloves, minced
- 2 cans (15 ounces each) black beans, rinsed and drained
- 1 package (8.8 ounces) ready-to-serve brown rice
- 1-1/2 teaspoons ground cumin
- 1/2 teaspoon dried oregano
- 1-1/2 cups shredded Mexican cheese blend, divided
- 3 Tablespoons minced fresh cilantro

DIRECTIONS

1. In a large skillet, heat oil over medium-high heat. Add peppers, onion and garlic; cook and stir 6-8 minutes or until tender. Add beans, rice, cumin and oregano; heat through.
2. Stir in 1 cup cheese; sprinkle with remaining cheese. Remove from heat. Let stand, covered, 5 minutes or until cheese is melted. Sprinkle with cilantro.

*From: Taste of Home <https://www.tasteofhome.com/recipes/black-beans-with-bell-peppers-rice/>

Please see next page for Nutrition Facts.



Marinated Peppers

Nutrition Facts	
3 Servings	
<hr/>	
Amount per serving	
Calories	205
<hr/>	
	% Daily Value*
Total Fat 19 g	29%
Saturated Fat 3 g	
Cholesterol 0 mg	0%
Sodium 5 mg	<1%
Potassium 249 mg	7%
Carbohydrates 8 g	3%
Dietary Fiber 1.9 g 7%	
Sugar 4 g	
Protein 1.3 g	3%
<hr/>	
Vitamin A 1494IU	
Vitamin C 156 mg	
Calcium 16 mg	
Iron 1 mg	
Thiamin 0 mg	
Niacin 1 mg	
Vitamin B6 0mg	
Magnesium 14 mg	
Folate 33 mcg	
<hr/>	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Black Beans with Bell Peppers & Rice

Nutrition Facts	
6 Servings	
<hr/>	
Amount per 1 Cup serving	
Calories	347
<hr/>	
	% Daily Value*
Total Fat 12 g	
Saturated Fat 6 g	
Cholesterol 25 mg	
Sodium 477 mg	
Carbohydrates 40 g	
Dietary Fiber 8 g	
Sugar 4 g	
Protein 15 g	
<hr/>	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	