Stuffed Peppers With Squash, Black Beans, and Rice

Source: Vegan Kickstart

This flavorful dish is rich in fiber, protein, and vitamin C!

About the Recipe

297 Calories · 14.1 g Protein · 17 g Fiber
Dinner
Gluten-free · Nut-free

Ingredients

Makes 2 Servings

- 1/2 c (48 g) cooked brown rice
- 1 c (240 g) cooked black beans, drained and rinsed
- 2 Mexican gray squash or zucchini, diced
- 6 green onions, sliced
- 2 tsp (10 mL) pepitas, i.e., green pumpkin seeds
- 2 cloves garlic, minced
- 1 tbsp (15 mL) fresh oregano, chopped
- 2 tbsp (30 mL) apple cider vinegar
- 1 lime, juice of
- 1/4 tsp (1.2 mL) iodized salt
- 1/2 tsp (2.5 mL) ground black pepper
- 2 red bell peppers, cut in half, cored, and seeded
- to taste salsa (optional) **optional*

Directions

1. Combine the rice, beans, squash, green onions, pepitas, garlic, oregano, vinegar, lime juice, salt, and black pepper in a large bowl. Fill the bell pepper halves with the squash, rice, and bean mixture. Top with salsa, if using, and serve.

Nutrition Facts

Per serving:

Calories: 297

Fat: 3.4 g

Saturated Fat: 0.7 g

Calories From Fat: 9.7%

Cholesterol: 0 mg

Protein: 14.1 g

Carbohydrate: 57.4 g

Sugar: 12.3 g

Fiber: 17 g

Sodium: 327 mg

Calcium: 190 mg

Iron: 5.5 mg

Vitamin C: 203.9 mg

Beta-Carotene: 2,777 mcg

Vitamin E: 3 mg