

Halloween Stuffed Peppers with Tofu, Black Beans and Cheese



Summon the Halloween spirit with our Tofu, Black Bean, and Cheese Stuffed Halloween Peppers recipe. A balanced and delicious combination for a spooky celebration. Frighteningly tasty for the whole family!

Preparation 20 min

Cooking 40 min

Servings 4

Nutrition Facts (per serving)

Calories 340

Fat 9

Carbohydrates 55

Fibre 7

Protein 24

Sodium 310

Ingredients

- 4 bell peppers (orange, red or yellow)
- ½ yellow onion, diced.
- 170 g (1 ½ cup) black beans, canned, rinsed.
- ½ block (170 g) extra-firm tofu, crumbled
- 195 g (1 cup) brown rice, dry.
- 120 g (2/3 cup) mozzarella cheese, part skim, grated

- 2 ml (½ tsp) Sriracha or RedHot type hot sauce (optional)
- PAM-type oil spray
- Salt and pepper to taste

Notes: For a non-vegetarian version, you can replace the tofu with cubed chicken or ground meat.

Preparation

1. Preheat the oven to 450°F.
2. Cook rice according to package directions.
3. In a small non-stick skillet, spray with PAM spray oil and cook onion and tofu. Cook over medium heat until cooked through.
4. When everything is cooked, in a bowl, combine rice, tofu and black beans.
5. Remove stem from each bell pepper. On one side only, cut with a knife two small triangles for the eyes and 1 horizontal line for the mouth, to create a face (optional).
6. Add the rice, black bean and tofu mixture to each bell pepper. Top peppers with cheese.
7. Bake 30-45 min or until pepper is tender.



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