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▶▶▶▶ January 2013 ◀◀◀◀

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Cheese and Rice Stuffed Peppers

Ingredients

- 4 medium pepper(s), green, bell
- 2 cup(s) rice, cooked
- 1 cup(s) cheese, cheddar, reduced-fat
- 2 tablespoon parsley
- 1/2 teaspoon salt
- 1/8 teaspoon pepper, black ground

Preparation

1. Preheat the oven to 300 degrees F.
2. Slice off the tops of the peppers. Wash the peppers and remove the cores and seeds. Stand the pepper cups upright in a saucepan containing 1/2 cup boiling water. Cover tightly and allow to steam for 5 minutes. Remove and drain.
3. In a large bowl, mix together the rice, cheese, parsley, salt, and ground pepper. Divide the mixture and stuff each pepper.
4. Stand the peppers in a loaf pan or cupcake tins. Bake for about 15 minutes, until the filling is hot and the cheese melts.