

Mexican Beef and Corn Skillet Peppers

4 servings

Ingredients:

- 1 pound extra lean ground beef
- 2 cups frozen corn kernels
- 1 (10 ounce) can diced tomatoes & green chilies, mild
- 1½ teaspoons ground cumin
- ¼ teaspoon salt
- 2 large bell peppers, halved, stems & seeds removed
- 1 ounce shredded reduced fat sharp cheddar cheese



Directions:

1. Lightly coat a deep large nonstick skillet with cooking spray and place over medium high heat until hot.
2. Brown beef, stirring frequently. Stir in the corn, tomatoes, cumin and salt.
3. Top with pepper halves, cut side down. Bring to a boil over medium high heat, reduce heat, cover and simmer 15 to 20 minutes or until peppers are desired tenderness.
4. Remove from heat. Place the pepper halves on a serving platter. Spoon in meat mixture and top with cheese.

Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	317
	% Daily Value*
Total Fat 9.6g	12%
Saturated Fat 4.3g	22%
Cholesterol 91mg	30%
Sodium 736mg	32%
Total Carbohydrate 24.1g	9%
Dietary Fiber 3.7g	13%
Total Sugars 8.2g	
Protein 35.1g	