

Spicy Pepper Cups

2 medium green, red or yellow pepper, halved, seeded,
white membranes removed
1/4 cup minced onion (about a quarter of a medium onion)
1/2 clove garlic, minced
3/4 teaspoon olive oil
1 1/2 cups cooked rice (prepare rice according to package instructions)
5 ounces canned tomatoes with chilies, diced and undrained
4 ounces canned whole-kernel corn, drained
Vegetable cooking spray
1/4 cup cheddar cheese, shredded

- Place pepper halves in boiling water for 2-3 minutes. Drain; set aside.
- Cook onion and garlic in oil in large skillet on medium heat for 3 minutes. Add rice, tomatoes with chiles and corn to onion mixture; mix well.
- Spoon mixture into pepper halves; place on baking sheet coated with cooking spray. Bake at 350 degrees for 10 minutes. Sprinkle with cheese; bake 5-10 minutes until cheese melts. Makes 4 servings.

Selection and Storage

Corn

Look for cobs with shiny, plump, firm kernels. Avoid corn with tiny kernels or decay.

Refrigerate and use within 3–5 days.

Peppers

(chili, sweet, bell, hot, banana)

Select firm, smooth peppers that have a shiny color. Avoid peppers with soft spots or bruised skin.

Refrigerate and use within 3–5 days.

Tomatoes

Pick firm, smooth tomatoes with bright color. Tomatoes will continue to ripen if left at room temperature.

Refrigerate ripe tomatoes and use within 5–7 days.