

# 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.