

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Cheesy Stuffed Poblanos

From www.howsweeteats.com

6 poblano peppers
1 tablespoon olive oil
1 cup cooked brown rice
2/3 cup black beans (optional)
2/3 cup freshly grated monterey jack cheese + extra for topping
2/3 cup grape tomatoes, quartered
1/3 cup freshly torn cilantro
4 green onions, sliced
2 garlic cloves, minced
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 cup sour cream
salsa for serving
sliced avocado for serving

1. Preheat the oven to 425° F. Slice the tops off of the poblano peppers and remove the inner ribs and seeds. Rub the outsides and insides with olive oil and sprinkle with a pinch of salt and pepper.
2. In a bowl, mix together the rice, beans, cheese, tomatoes, cilantro, green onions and garlic. Add in the salt and pepper. Stir in the sour cream until combined - helping to hold things together.
3. Stuff each pepper with the rice and bean mixture. Place them on a parchment paper covered baking sheet. Bake for 25 minutes, then remove and add a few handfuls of cheese on top of the peppers. Bake for 15 minutes more. Serve immediately with salsa and avocado, if desired.