



MEXICAN-SPICED CORN AND BLACK BEAN STUFFED PEPPERS

FAST. EASY. FRESH.

1. Preheat your oven to 400°F. Wash, cut in half, and de-seed your **peppers**. Arrange them, skin side down, on a parchment lined baking sheet. Drain and rinse your **black beans**.

2. Next, make your filling. Thinly slice the **green onion**. Set some aside for garnish. In a bowl, combine the remaining **green onion, black beans, corn, Mexican spices**, and 2 tsp. of **sea salt**. Mix to combine then spoon your filling into the **pepper halves**, and top evenly with **parmesan**. Bake for 15 minutes.

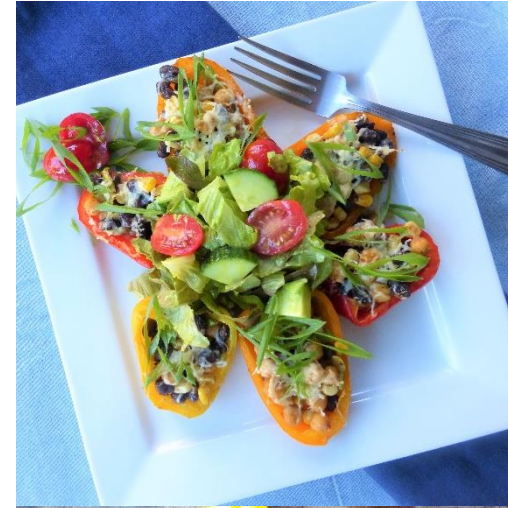
3. Meanwhile, make your salad. Wash and chop the **lettuce** and put it into a bowl. Dice the **cucumbers** and cut the **cherry tomatoes** in half. Add them to the bowl.

4. Make the salad dressing. In a bowl, combine 1 tsp. **sea salt, Dressing Base (apple cider vinegar, Dijon mustard, and honey)** and **olive oil**. Mix to combine. Add the dressing to the salad bowl and toss.

5. To serve, arrange the stuffed pepper halves on plates and add a portion of the salad to each. Top the peppers with some of the reserved **green onion** to garnish. Enjoy!

Ingredients (4 Person Serving – 506 Calories Per Serving)

Mini Peppers	12	Parmesan	1 Cup
Black Beans	1 540 ml Can	Mixed Greens	120 g
Frozen Corn	1 ½ Cups	Mini Cucumbers	2
Green Onion	2 Stalks	Cherry Tomatoes	10
Onion Powder	1 tsp.	Apple Cider Vinegar	2 tsp
Garlic Powder	1 tsp.	Dijon Mustard	2 tsp
Cayenne Pepper	½ tsp.	Olive Oil	2 Tbsp.
Ground Cumin	1 tsp.	Honey	2 tsp.
Chili Powder	1 tsp.		



30

Minute
Cook
Time!