



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 (onion powder, garlic powder, cayenne, cumin, chili powder)**, and 1 tsp. of **sea salt**. Mix to combine then spoon your filling into the **pepper halves**, and top with **parmesan**. Bake for 15 minutes.

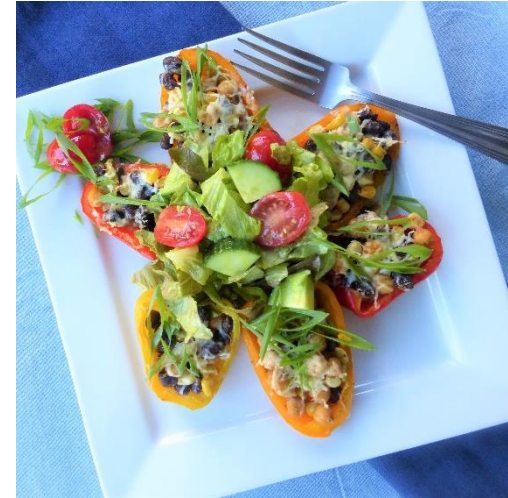
3. Meanwhile, make your salad. Place your **mixed greens** into a bowl. Dice the **cucumber** and cut the **grape tomatoes** in half. Add them to the bowl as well.

4. Make the salad dressing. In a bowl, combine ½ 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 onto plates and add a portion of the salad to each. Top the peppers with some of the reserved **green onion** to garnish. Enjoy!

Ingredients (2 Person Serving – 506 Calories Per Serving)

Mini Peppers	6	Parmesan	½ Cup
Black Beans	1 398 ml Can	Mixed Greens	60 g
Frozen Corn	¾ Cup	Mini Cucumber	1
Green Onion	1 Stalk	Grape Tomatoes	5
Onion Powder	½ tsp.	Apple Cider Vinegar	1 tsp
Garlic Powder	½ tsp.	Dijon Mustard	1 tsp
Cayenne Pepper	¼ tsp.	Olive Oil	1 Tbsp.
Ground Cumin	½ tsp.	Honey	1 tsp.
Chili Powder	½ tsp.	Salt and Pepper	To Taste



30 Minute Cook Time!