



BeFit

Be Fit. Eat Healthy. It's your choice.

Cauliflower Rice Stuffed Peppers

Adapted from [Minimalist Baker](#)

For the cauliflower rice

- 2 cups cauliflower, riced (about 1/3 head)
- 1 tablespoon olive, canola, or grapeseed oil
- 3 cloves garlic, minced
- 1 cup diced red onion
- pinch (1/8 teaspoon) each salt and pepper

For the peppers

- 2 cups cooked brown rice (about 1 cup dry)
- 1 15-ounce can black beans, rinsed and drained
- 2/3 cup salsa
- 2 teaspoons cumin powder
- 2 teaspoons chili powder
- 2 tablespoons lime juice
- ¼ teaspoon each salt and black pepper
- 4 large bell peppers, halved with seeds removed
- 1 tablespoon olive oil

Instructions:

Set oven to 375° F. Use a box grater, food processor, or blender (on low setting; see notes) to “rice” cauliflower.

Heat a large rimmed skillet over medium heat and add oil, garlic, onion, salt, and pepper. Sauté for 1 minute, then add riced cauliflower and stir to coat. Cover the skillet to let steam for 1 minute, then remove from heat and transfer to a large mixing bowl. Add brown rice, black beans, salsa, spices, lime juice, salt, and pepper to the bowl and mix well. (Adjust seasonings to taste, as desired.)

Set out a rimmed baking sheet or 9x13-inch baking dish. Brush halved peppers with olive oil. Stuff halved peppers with about ½ cup of the mixture until all peppers are full.

Cover with foil and bake 30 minutes. Then remove foil, increase heat to 400° F, and bake for another 15 to 20 minutes (until peppers are soft and slightly golden brown).

Notes:

- If using a blender to rice cauliflower, pulse a few florets at a time on a low setting to avoid over-blending.
- If using a box grater to rice cauliflower, use medium-sized holes.
- Use any leftover rice mixture that doesn't fit into peppers as a salad topping or side dish.
- Optional toppings: cilantro, hot sauce, avocado

Yield: 4 servings



NUTRITION INFORMATION PER SERVING:

CALORIES: 360 calories

PROTEIN: 12 g

SODIUM: 540 mg

CARBOHYDRATE: 58 g

FIBER: 11 g

FAT: 9 g

SAT FAT: 1 g