

## Tex-Mex Stuffed Peppers

2 Tsp olive oil  
1 garlic clove, peeled and finely minced  
1 1/2 cups home cooked or canned black beans, drained  
1/2 tsp ground cumin  
1/4 tsp (or more) crushed red pepper  
salt and pepper to taste  
4 large bell peppers  
1/2 cup fat free sour cream  
1-2 Tbsp green chilies  
2 Tbsp chopped cilantro  
1 avocado, peeled, pitted and cut into small cubes  
1/2 cup grated fat free cheese  
1/2 cup chopped fresh tomato  
1/3 cup chopped green onions  
3 Tbsp pitted and sliced black olives

Saute garlic in olive oil until golden. Stir in the drained black beans, cumin and red pepper. Cook for 1 minute, taste and season with salt and pepper if needed. Set aside. In a small bowl combine the sour cream with the green chilies and cilantro, set aside. Prepare each bell pepper for stuffing by cutting out the stem and then cutting in half lengthwise. Scoop out the core, seeds, and any excess white part. Place cut side up in a shallow dish. Stuff each bell pepper with black bean mixture. Layer on the sour cream mixture and top with grated cheese. (the recipe has you layer the avocado, tomatoes, onions and olives at this time, but I like the taste and texture of these items added later, uncooked)

Add 1/4 cup water to the bottom of the baking dish and bake covered at 350 degrees for 30 minutes. Uncover and bake for an additional 15-30 minutes until the peppers are cooked through and lightly browned on top.

Serves 6 @ 4 Points each (or 3 Points each if you omit the avocado)

5 points plus each