



# Stuffed Grilled Poblano Peppers

Shine **365**  
Marshfield Clinic

**PREP TIME:** 20 minutes • **COOK TIME:** 10 Minutes

## INGREDIENTS

- 5 large poblano peppers
- 1 (15 ounce) can black beans, rinsed and drained
- 1 (15 ounce) can sweet corn, rinsed and drained
- ½ cup diced yellow onion
- 1 small sweet potato
- 1 ¼ cups chunky tomato salsa
- 2 teaspoons chili powder
- 1 teaspoon cumin
- 1 teaspoon dried oregano
- 1 cup shredded Monterrey Jack cheese
- ¼ cup chopped cilantro, for garnish

## INSTRUCTIONS

Turn grill on or prepare charcoal.

Slice each poblano pepper in half lengthwise. Set aside.

Poke holes in the sweet potato and microwave on high for 6 to 8 minutes. Once done, allow to cool then cut into small cubes.

Add black beans, corn, onion, sweet potato, tomato salsa, chili powder, cumin and oregano. Divide evenly into each poblano pepper half, packing them tightly.

Place onto the grill. Cook on high with the lid closed for 10 minutes.

Sprinkle with cheese and garnish with cilantro.

*Note: Substitute 4 large red or green bell peppers for a less spicy version. You also could substitute fresh corn.*

## NUTRITION INFORMATION

Each serving (2 poblano pepper halves) contains about: 246 calories, 6 grams fat, 43.2 g carbohydrates, 13.4 g sugar, 8.7 g fiber and 17 g protein.