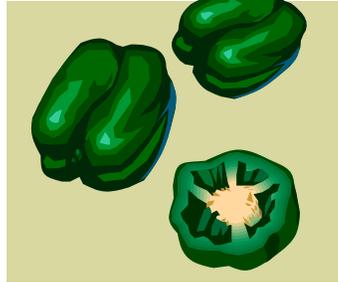




Red Rice Stuffed Peppers

- 2 Cup of Rice (Brown/red/black)
- 5 Cups of Water
- 1 Tbsp Olive or Canola oil
- 1/2 Tsp Cumin
- 2 Tsp Smoked Paprika
- 2 Tsp Cayenne Powder (to taste)
- Pinch of Cinnamon
- 1/2 Tsp Salt
- 2 Tomatoes
- 2-3 Bell Peppers



1. In medium pot, add rice and water, and bring to a simmer. Once the water is starting to have a bit of movement in it, add oil and wait for it to boil.
2. Once boiling, turn it down and follow the rice instructions – let cook on low for ~20 minutes.
3. Preheat oven to 375 and melt oil into oven proof dish.
4. Slice the top off of the pepper (keep it) and remove seeds from the inside.
5. Chop tomatoes to a medium dice.
6. Once rice is tender, remove from heat and stir in tomato. Allow tomato to warm for a minute, then add the spices and season with salt.
7. Spoon rice into the peppers and bake for 30-45 minutes.
8. Turn oven up to broil and put pepper top on to cover the rice. Broil until the skin has browned and wrinkled.

Makes: 4 servings

Nutrition Information:

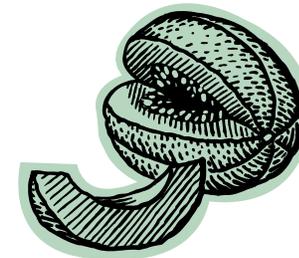
CALORIES 440 (14% from fat); FAT 7g (sat 1g); CHOLESTEROL 0mg; SODIUM 310mg; CARBOHYDRATE 88g; FIBER 7g; PROTEIN 10g; CALCIUM 6%; IRON 15%



Cantaloupe in Syrup

- 1/4 cup sugar
- 2 teaspoons dried cranberries
- 1 bay leaf
- 1/2 Tsp vanilla extract
- 1 medium cantaloupe (peeled, seeded, cut into 1 1/2" pieces)
- 1/2 Tsp salt

1. Combine sugar, dried cranberries, bay leaf, and 1/4 cup water in a small saucepan. Add vanilla extract to the saucepan. Stir to combine.
2. Bring mixture to a boil, stirring to dissolve the sugar. Cool syrup; remove bay leaf.
3. Place cubed cantaloupe in individual bowls and drizzle with the syrup. Sprinkle with salt.



Makes: 6 servings

Nutrition Information:

CALORIES 70 (0% from fat); FAT 0g (sat 0g); CHOLESTEROL 0mg; SODIUM 210mg; CARBOHYDRATE 18g; FIBER 1g; PROTEIN 1g; CALCIUM 0%; IRON 4%