



Refreshing Summer Dinner Ideas to Try

Introduction

Discover a delightful summer dish with this recipe for Stuffed Peppers. This vibrant and hearty meal is perfect for warm evenings and easily accommodates various dietary preferences. With a flavorful filling of rice, beans, and spices, topped with melty cheese, these stuffed peppers are sure to impress your family and friends.

Detailed Ingredients with measures

4 red bell peppers

Extra-virgin olive oil, for drizzling

1½ cups white cheddar cheese

Avocado slices or guacamole, for serving

Lime wedges, for serving

Sea salt and freshly ground black pepper

For the Filling:

1 tablespoon extra-virgin olive oil

2 garlic cloves, grated

2 jalapeños, diced (more for topping, if desired)

2 scallions, chopped

1 teaspoon lime zest

1½ tablespoons lime juice

1 teaspoon cumin

1 teaspoon coriander

1 teaspoon cayenne

1 teaspoon sea salt

½ cup finely chopped cilantro

3 cups cooked white jasmine rice

1½ cups cooked black beans, drained and rinsed

1½ cups corn kernels

Prep Time

15 minutes

Cook Time

20 minutes

Total Time

35 minutes

Yield

Serves 4 to 6

Instructions

- 1. Preheat the Oven: Set your oven to 450°F (232°C) and line a baking sheet with parchment paper.**
- 2. Prepare the Peppers: Slice the red bell peppers in half lengthwise, removing the seeds and membranes. Place them cut side up on the prepared baking sheet. Drizzle with olive oil, and season with sea salt and freshly ground black pepper. Bake for 10 minutes. After baking, tip out and discard any liquid that pools inside the peppers. Set the peppers aside.**
- 3. Make the Filling: In a large bowl, combine 1 tablespoon of olive oil, grated**

garlic, diced jalapeños, chopped scallions, lime zest, lime juice, cumin, coriander, cayenne, sea salt, and chopped cilantro. Mix well. Fold in the cooked jasmine rice, black beans, and corn kernels until all ingredients are evenly distributed.

4. Stuff the Peppers: Scoop the filling mixture into each pepper half, distributing it evenly. Top each stuffed pepper with shredded white cheddar cheese.

5. Bake or Broil: For a bubbly, browned cheese topping, place the stuffed peppers under the broiler for 2 to 5 minutes, watching closely to prevent burning. Alternatively, continue baking at 450°F (232°C) for 10 to 15 minutes until the cheese is melted.

6. Serve: Remove the stuffed peppers from the oven and serve them with avocado slices or guacamole, lime wedges, and additional diced jalapeños if desired.

Notes: To make this dish vegan, omit the cheese. Instead of baking the peppers a second time, serve them topped with guacamole or chipotle sauce.

Conclusion

Enjoy these colorful and nourishing stuffed peppers as a delightful addition to your summer dinner repertoire. Whether for a casual weeknight meal or a festive gathering, they are sure to be a hit.

Detailed Directions and Instructions

Preheat the Oven

Set your oven to 450°F (232°C) and line a baking sheet with parchment paper.

See also [Crock Pot Sirloin Tip Roast](#)

Prepare the Peppers

Slice the red bell peppers in half lengthwise, removing the seeds and membranes. Place them cut side up on the prepared baking sheet. Drizzle with olive oil, and season with sea salt and freshly ground black pepper. Bake for 10 minutes. After baking, tip out and discard any liquid that pools inside the peppers. Set the peppers aside.

Make the Filling

In a large bowl, combine 1 tablespoon of olive oil, grated garlic, diced jalapeños, chopped scallions, lime zest, lime juice, cumin, coriander, cayenne, sea salt, and chopped cilantro. Mix well. Fold in the cooked jasmine rice, black beans, and corn kernels until all ingredients are evenly distributed.

Stuff the Peppers

Scoop the filling mixture into each pepper half, distributing it evenly. Top each stuffed pepper with shredded white cheddar cheese.

Bake or Broil

For a bubbly, browned cheese topping, place the stuffed peppers under the broiler for 2 to 5 minutes, watching closely to prevent burning. Alternatively, continue baking at 450°F (232°C) for 10 to 15 minutes until the cheese is melted.

Serve

Remove the stuffed peppers from the oven and serve them with avocado slices or guacamole, lime wedges, and additional diced jalapeños if desired.

Notes

Vegan Version

To make this dish vegan, omit the cheese. Instead of baking the peppers a second time, serve them topped with guacamole or chipotle sauce.



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Cook techniques

Preheating the Oven

Preheating the oven ensures that your dish cooks evenly and reaches the desired temperature when you place it inside.

Drizzling Olive Oil

Drizzling olive oil not only adds flavor but also helps to prevent sticking and promotes even cooking.

See also [Kulcha](#)

Preparing Bell Peppers

Removing seeds and membranes from bell peppers helps to achieve a more tender texture and reduces bitterness, ensuring a better taste in your final dish.

Baking vs. Broiling

Baking allows for thorough cooking of the filling, while broiling gives a beautiful golden-brown finish to the cheese on top. Use broiling for quicker results but watch closely to prevent burning.

Stuffing Techniques

Scooping the filling into the peppers carefully ensures that each pepper is filled evenly, creating a balanced bite of flavors and textures.

FAQ

Can I use other types of cheese instead of white cheddar?

Yes, you can substitute white cheddar with any cheese that melts well,

such as mozzarella, Monterey Jack, or even a vegan cheese alternative.

What can I use instead of jasmine rice?

You can use any type of rice, such as brown rice, basmati rice, or quinoa for a gluten-free option.

How can I make these stuffed peppers spicier?

To add more heat, consider using additional jalapeños, adding crushed red pepper flakes, or incorporating spicy sauces into the filling.

Can these peppers be made ahead of time?

Yes, you can prepare the filling and stuff the peppers, then store them in the refrigerator for a day before baking.

Is this recipe gluten-free?

Yes, the recipe is gluten-free as long as you use gluten-free rice and toppings. Always check labels on your ingredients to ensure they meet your dietary needs.

Conclusion

The stuffed peppers recipe provides a delightful balance of flavors and textures, perfect for a summer dinner. With the combination of spices, fresh ingredients, and the optional creamy toppings, it makes for a nutritious and satisfying meal. Try experimenting with different fillings or toppings to suit your taste preferences.

See also Espresso Tonic

Grilled Vegetable Skewers

Marinated skewers of bell peppers, zucchini, mushrooms, and cherry tomatoes, grilled to perfection for a smoky flavor.

Summer Pasta Salad

A refreshing mix of pasta, fresh veggies like cucumbers and bell peppers, tossed in a lemon vinaigrette.

Chilled Avocado Soup

For a cool appetizer, blend ripe avocados with vegetable broth, lime juice, and cilantro for a creamy soup served chilled.

Corn and Tomato Salad

Combine fresh corn, juicy tomatoes, red onion, and basil, drizzled with balsamic glaze for a vibrant side dish.

Lemon Herb Quinoa

A light and nutritious side, made with quinoa, fresh herbs, and a squeeze of lemon for added brightness.

Grilled Shrimp Tacos

Marinated shrimp grilled and served in corn tortillas with fresh salsa and avocado for a quick and flavorful meal.

Caprese Salad Skewers

Thread fresh mozzarella, basil, and cherry tomatoes onto skewers for a classic Italian salad perfect for summer gatherings.



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