

Black Bean & Corn Stuffed Jalapenos

Prep Time - 12 Minutes



Total Time - 37 Minutes

Cook Time - 25 Minutes

Instructions

- 1 Preheat oven to 350 degrees. Place jalapeno halves cut side up on a large baking sheet.
- 2 In a nonstick skillet, heat oil over medium-high heat and add corn and onion. Saute 2-3 minutes.
- 3 Add garlic, chili powder, cumin, and oregano and sauté 2 more minutes. Stir in black beans, salt and pepper and remove from heat.
- 4 Combine cream cheese, cheddar cheese and corn/bean mixture in a medium bowl. Stir until evenly combined.
- 5 Distribute filling evenly between jalapenos. Bake for 20 to 25 minutes.
- 6 Garnish with sour cream and cilantro.

Ingredients

8 jalapenos, halved and seeded
kernels from 1 ear of corn
1/3 cup finely diced onion
2 teaspoons olive oil
1 clove garlic, minced
1 teaspoon chili powder
1/2 teaspoon cumin
1/4 teaspoon dried oregano
1/2 cup drained and rinsed black beans
1/2 teaspoon salt
1/4 teaspoon black pepper
5 ounces cream cheese, softened
1/2 cup shredded cheddar
sour cream, garnish
chopped cilantro