

## ZESTY STUFFED BELL PEPPERS

2 bags of Success Rice  
6 bell peppers  
1 lb. Italian sausage

1 can Rotel  
2 c. shredded Monterey Jack  
cheese

Preheat oven to 400°. Prepare rice according to package directions. Remove the tops and seeds from the bell peppers. Blanch peppers in boiling water for 5 minutes. Remove from water and drain. Remove casing from sausage. In a large skillet, brown sausage until no longer pink; drain fat. Fold in Rotel and rice; heat through. Add cheese; heat until melted. Remove from heat; divide mixture into prepared peppers. Place peppers in 8 x 8 baking dish. Bake for 15 minutes. Serves 6. For lighter version, use brown rice, low-fat Italian turkey sausage, and 16 ounces light pasteurized processed cheese.

*Martha Miley*