

Quinoa, Black Bean, and Corn Stuffed Jalapeños



Ingredients

- 6 jalapeños (12 halves)
- 1 cup cooked quinoa
- 1/2 cup black beans
- 1/2 cup corn
- 1/2 cup monterey jack cheese, shredded



PREP	COOK	READY IN
15 mins	45 min	1 Hour

Directions

1. Preheat oven to 180°C.
2. Cut the jalapeños in half and take out the seeds (use gloves or wash your hands with soap directly afterwards).
3. In a bowl, mix together the quinoa, black beans, and corn.
4. Scoop the quinoa mixture generously into each jalapeno half. I found that using a spoon to shape a mound works best.
5. Place the poppers on a baking sheet (with a few inches between each of them) and then bake for 30 minutes.
6. After 30 minutes, sprinkle cheese on top of each popper and then place back in the oven for 15 minutes.
7. Allow poppers to cool for 5 minutes and then serve immediately.

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