



Peppers

Bell peppers, Jalapeños and Hot Peppers



Why eat peppers:

- All varieties of peppers are high in Vitamin A and C which promote good eye sight and a healthy immune system

How to store:

- Keep peppers dry and refrigerate in plastic bag
- Store cut peppers in a plastic bag and refrigerate for up to three days

When to throw out:

- Throw peppers out when mold is present or they are slimy.

Salsa and Homemade Chips

Ingredients:

- 6 Tortillas, cut into chip sized sections
- 1 Tomato, diced (or 1/2 pint cherry tomatoes quartered)
- 1 Green Pepper, cored and diced
- 1/2 Onion, peeled and diced
- 1 1/2 tablespoons vinegar (apple cider or your favorite)
- 1/2 Teaspoon ground black pepper
- 1/2 teaspoon of garlic powder
- 1/2 teaspoon dry parsley
- Pinch of red pepper flakes
- 1/4 teaspoon salt
- 1 lime, cut in half

Directions:

1. Preheat oven to 350 degrees F.
2. Place cut tortillas on pan evenly spaced. Bake for 15 minutes.
3. Add all diced ingredients into a bowl and stir until mixed.
4. Stir in vinegar and all of the spices.
5. Squeeze half the lime on top for seasoning.
6. Taste! Add more lime and season if necessary .
7. Serve with delicious homemade chips!

Cutting Peppers

1. Using a small knife, cut around stem.
2. Grab the stem and pull out core and seeds.
3. Cut cored pepper in half from top to bottom. Then cut the halves in half again.
4. Flatten cut pepper sections and cut into 1/2 inch wide strips.
5. Turn strips sideways and chop into a fine dice!

Nutrition Facts	
Servings per container	1 cup bell pepper, chopped (149 g)
Serving size	
Amount per serving	46
Calories	
% Daily Value*	
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 6 mg	0%
Total Carbohydrate 9 g	3%
Dietary Fiber 3 g	12%
Total Sugars 6 g	
Includes 0 g Added Sugars	0%
Protein 1 g	
Vitamin D 0 mcg	0%
Calcium 10 mg	1%
Iron <1 mg	4%
Potassium 314 mg	9%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Stuffed Bell Pepper

Serves 6

Ingredients:

6 bell peppers	1/2 cup rice (white, brown, etc.)
1 lb. beef, ground	1/2 cup onion, chopped
1 tsp salt	1 tsp Worcestershire sauce
1 can tomatoes, diced	1 cup shredded cheddar cheese

Directions:

1. Preheat oven to 350 degrees.
2. Cut off the tops of the green peppers, discard seeds. Cut extra pepper off around the stem and chop.
3. Place whole peppers in a microwavable dish. Cover and cook in microwave for about 5 minutes.
4. Cook rice according to package directions.
5. In a skillet cook ground beef, onion and chopped pepper tops until meat is browned and vegetables are tender.
6. Add Worcestershire sauce, canned diced tomatoes, salt, and a dash of pepper.
7. Add rice to the beef mixture. Stir in the cheese.
8. Stuff pepper with the meat and rice mixture.
9. Place in 10x6x2 baking dish. Bake, covered, for 25 minutes.
10. Top with any remaining cheese and cook uncovered for 5 minutes.

Buying Guide:

- **Fresh** fruits and vegetables are most nutritious and cheapest when they are *in season*. Find them at a farmers market or in the front of the produce section at the grocery store.
- **Frozen** fruits and vegetables, *without added sauces or syrups*, are available year round, ready to use and easy to prepare. Find coupons or look in the store advertisement to get the best deal.
- **Canned** fruits and vegetables are best when canned in *100% juice or no-salt-added*. Make sure to drain and rinse them to get rid of added sugar or sodium.

How much should I eat?

The recommendation is to eat 2 1/2 cups of vegetables and 2 cups of fruit per day. One cup of fruit or vegetables looks like a baseball and a half of a cup is the size of a light bulb.

Daily servings:

VEGETABLES 2 1/2 cups



FRUITS 2 cups

