

What's Fresh:

# Bell Peppers



## They're naturally good!

- ◆ Rich in Vitamin C
- ◆ Good source of Vitamins A, B6 & K
- ◆ Provide dietary fiber
- ◆ 1 cup = 1 serving of veggies

## Storage Tips:

Do not wash until ready to eat.  
To keep fresh,  
refrigerate in an unsealed plastic bag.  
Use within 5-7 days.

## Too much of a good thing?

### Freeze them!

Follow preparation tips →

Place sliced peppers in boiling water for 3 minutes. Transfer to a bowl of ice water. Drain and pat dry before storing in a freezer-safe bag for 4-6 months. Use in cooked recipes.

## Preparation Tips:

- ◆ Rinse and dry peppers before using.
- ◆ Cut off the top of the pepper to remove the stem. Cut off the bottom— just enough to make a flat surface.
- ◆ Stand the pepper up on one end. Cut away the outside of the pepper using a knife. Discard the pith and seeds on the inside of the pepper.
- ◆ Slice the pepper from top to bottom into strips. To dice, cut again in the other direction.

## Ways to eat bell peppers:



- ◆ Eat them raw. Cut peppers into strips and eat with low-fat ranch or hummus as a healthy snack.
- ◆ Add chopped peppers to eggs, casseroles, and rice dishes.
- ◆ Use to flavor the base of soups, stews and pasta sauces.
- ◆ Roast them. Preheat the oven to 425°F. Slice peppers 1/2-inch thick and toss with oil, salt and pepper. Place on a baking sheet and bake for 7-10 minutes. Turn peppers with a spatula and bake 7-10 minutes more.
- ◆ Stir-fry them. Heat oil in a pan over medium heat. Add sliced peppers and cook about 4-7 minutes, stirring constantly. Season with salt, pepper & garlic.
- ◆ Grill them. Preheat the grill to medium-high. Cut peppers into quarters and lightly brush with oil. Grill, skin-side down, for about 5 minutes or until skin begins to blister. Flip peppers and grill about 5 minutes more, or until soft.



See more recipes on the back →



# *Make it a meal!*

# RECIPES

## Chicken and Pepper Fajitas

### Ingredients:

3 chicken breasts, skins removed  
2 bell peppers  
1 medium onion  
1 Tablespoon oil

2 cloves garlic, minced (or ½ tsp garlic powder)  
1 teaspoon cumin powder (optional)  
Salt & pepper to taste  
8 (6-inch) whole wheat tortillas, warmed

### Directions:

1. Cut the chicken into long slices. Cut the peppers and onions into slices.
2. Heat 1 tablespoon of the oil in a large skillet over medium-high heat.
3. Add the sliced chicken to the skillet. Cook for 3 minutes, stirring occasionally, until chicken is no longer pink.
4. Add the pepper and onion slices to the skillet. Add garlic. Season with cumin, if using. Cook, stirring often, for 3-5 minutes or until veggies have softened and slightly browned and chicken is cooked through.
5. Adjust salt and pepper to taste. Serve the chicken, onion, and bell peppers in the tortillas. Top with sour cream (or nonfat yogurt in place of sour cream), sliced avocado, salsa and/or lime wedges.

## Stuffed Peppers

### Ingredients:

6 large bell peppers  
1 medium onion, chopped (or ½ tsp onion powder)  
2 ribs of celery, chopped thinly  
1 ½ teaspoons of dried herbs  
(such as parsley, basil and/or oregano)  
Salt and pepper to taste

1 pound ground turkey or beef  
2 cloves garlic, minced (or 1/2 tsp garlic powder)  
2 (14.5-oz) can diced tomatoes  
½ teaspoon red pepper flakes (optional)  
1 ½ cups cooked brown or white rice  
1 cup low-fat cheese (optional)

### Directions:

1. Preheat the oven to 350° F.
2. In a large fry pan over medium high heat, brown the ground meat for 5 minutes or until cooked almost through. Add the onion, celery and garlic and cook until vegetables are softened. Stir in the diced tomatoes, herbs and red pepper flakes (if using). Season with salt and pepper to taste and cook for 15-20 minutes. Stir in cooked rice and cook for another 5 minutes or until the rice is warmed through.
3. Meanwhile, cut off the tops of the peppers and spoon out the ribs and seeds, then rinse. Lightly sprinkle the inside of the peppers with salt and place in a microwave safe dish with ¼ cup water. Cover with plastic wrap and microwave for 5 minutes or until they start to soften.
4. Transfer peppers to a baking dish and fill them with the hot meat and rice mixture. Sprinkle the tops with cheese (if using) and bake for 20 minutes or until peppers are tender and cheese is browned. Serve hot.

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