

HARVEST OF THE MONTH:

Bell Pepper



Nutrition Facts

Serving Size: ½ cup sweet green peppers, chopped (75g)

Calories 15 Calories from Fat 1

% Daily Value

Total Fat 0g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrate 3g 1%

Dietary Fiber 1g 5%

Sugars 2g

Protein 1g

Vitamin A 6% Calcium 1%

Vitamin C 100% Iron 1%

HEALTHY BENEFITS OF BELL PEPPERS

- Vitamin C for strong teeth and healthy immune system to fight colds.
- Vitamin A, Vitamin K and Vitamin B6 for improved vision, bones, and blood.
- A serving is equal to ½ cup of peppers.

DID YOU KNOW?

- Red bell peppers provide more Vitamin C than citrus fruit?
- Hot peppers contain even more Vitamin C – 357% more, to be exact! Wow!

SERVING IDEAS FOR BEETS

- Add chopped bell peppers, any color, to your favorite pasta dish.
- Add sautéed pepper slices to your eggs, chicken dishes, or casseroles.
- Sauté peppers in olive oil for added benefits.
- Chop different colored peppers with onions and tomatoes for a quick salsa.
- There are two varieties of peppers: hot and sweet. Be sure to choose the best one for your food dishes.



Pepper Recipes

PICO DE GALLO

INGREDIENTS

- 3 pounds ripe tomatoes, chopped
- 4½ C. chopped onion
- 1 C. chopped fresh cilantro
- 3 small jalapeño peppers, seeds removed, chopped
- 6 T. lime juice
- 6 cloves garlic, minced
- ¾ tsp. salt
- Baked tortilla chips

DIRECTIONS

Combine all ingredients (except chips) in a medium bowl. Serve with chips. (Wear gloves while chopping jalapeno peppers)

VEGETABLE QUESADILLAS

INGREDIENTS

- ½ C. chopped green bell pepper
- ½ C. frozen corn, thawed
- ½ C. sliced green onion
- ½ C. chopped tomato
- 2 T chopped cilantro
- 4 (6-inch) flour tortillas
- ½ C. shredded low-fat cheese

DIRECTIONS

Coat medium skillet with nonstick cooking spray. Sauté bell peppers and corn over medium heat until softened, about 5 minutes. Add green onion and tomato. Cook until heated, then stir in cilantro. Heat tortillas in a separate skillet over high heat. Place equal amounts of cheese and sautéed vegetables on each tortilla. Fold in half and continue to cook until cheese is melted. Serve hot.

BBQ TURKEY IN PEPPER SHELLS

INGREDIENTS

- ¾ pound lean ground turkey
- 1 large onion, peeled and chopped
- 1 med. green bell pepper, seeded and chopped
- 1 (14.-ounce) can diced tomatoes
- 1 C. canned black beans, drained and rinsed
- ½ C. prepared barbecue sauce
- 1 tsp. garlic powder
- 1 tsp. liquid smoke
- 3 bell peppers (any color)

DIRECTIONS

Brown ground turkey in a medium skillet over medium-high heat until no longer pink; drain excess fat. Add onion and cook until tender, about 5 minutes. Add all remaining ingredients except the whole bell peppers; simmer for 10 minutes over medium heat. Meanwhile, cut the whole bell peppers in half lengthwise and remove the seeds. Place in a microwave safe dish with a small amount of water. Cover and microwave bell peppers on high until crisp-tender, for about 5 minutes. Remove peppers from the dish and place on a large plate. Spoon turkey mixture into bell pepper shells and serve

SERVING IDEAS

- Add chopped bell peppers to your favorite pasta sauce.
- Add sautéed bell pepper slices to chicken dishes.
- Add bell pepper slices to your morning eggs for a fresh start.