

## Shopper's Guide



### Look for

Peppers that are firm and smooth

### Avoid

Peppers with wrinkled skin or soft spots.



### Storage

Place peppers in the refrigerator and use within a week. Green peppers will keep a little longer than red and yellow varieties.

### Preparation

Wear gloves when working with hot peppers and don't touch your eyes!

### Freezing

Slice raw bell peppers into strips, place in re-sealable plastic bags and freezer for up to 9 months.

## Why Peppers Pop!

### FLAVORS AND COLORS!

Peppers come in a variety of colors and flavors. Sweeter red bell peppers have three times as much vitamin C as the green varieties.

### LIKE IT HOT, HOT, HOT?

Scoville heat units measure the spiciness on peppers. Sweet bell peppers in peppers. Sweet bell peppers have a "0," while habanero peppers have 100,000 to 325,000 scoville units!

### VITAMINS AND MINERALS

- Vitamin A for resistance to infection, healthy skin and good vision.
- Potassium for maintaining normal blood pressure.



This material was adapted from PA Nutrition Education Network, [www.panen.org](http://www.panen.org).

This material was developed and provided by the UMass Extension Nutrition Education Program with funding from USDA'S Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program helps low-income people buy the food they need for good health. It can help you to buy nutritious food and stretch your food dollars. For more information, call 1-866-950-3663.

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This versatile pepper can be roasted, stuffed, grilled, eaten raw or added to salads!

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## Stuffed Peppers

- 1/2 cup onion, chopped
- 1 clove garlic, minced, or 1/8 teaspoon garlic powder
- 3 large peppers
- 1 16-ounce can kidney beans, drained
- 2 cups cooked rice, brown or white
- 1 tablespoon dried parsley or 2 tablespoons fresh parsley (optional)
- 1/4 teaspoon black pepper
- 1/2 cup cheddar cheese, grated, low-fat



1. Wash and prepare vegetables.
2. Cook onion and garlic in vegetable oil.
3. Add beans, rice, parsley, and black pepper. (You may use more beans and less rice.)
4. Cut washed green peppers in half, remove seeds and place in baking pan.
5. Spoon bean mixture into each pepper. Top with grated cheese.
6. Bake at 350°F for 10-15 minutes.

## Bell Pepper Egg Rings

- 6 slices of pepper “rings”
- Non-stick cooking spray
- 6 eggs
- Salt and pepper, to taste

1. Spray skillet with cooking spray.
2. Place rings on the skillet over medium heat.
3. Crack an egg into each ring. Season with salt and pepper.
4. Cook 3-6 minutes, according to preference.

Peppers are naturally free of fat, cholesterol and sodium.

Perk up your salads, pasta and egg dishes with colored peppers!

## Vegetable Bulgur

- 1 medium onion, diced (about 1 1/4 cups)
- 2 medium sized bell peppers, diced (use 2 colors!)
- 1 1/2 teaspoons minced garlic
- 3 tablespoons olive oil
- 1 cup carrots, washed, peeled and diced
- 1 1/2 cups diced tomatoes, with juice (fresh or canned-no salt)
- 1 1/2 cups coarse bulgur (cracked wheat)
- 1 cup water
- 1 1/2 teaspoons salt
- 1/4 teaspoons ground black pepper

1. Cook onions, peppers and garlic in olive oil in a pot over medium heat stirring occasionally, until the onion is translucent.
2. Stir in carrots, tomatoes and their liquid, bulgur, water, salt and pepper.
3. Bring to a boil, reduce to a simmer over medium-low heat. Cook 15 minutes or until all water is absorbed. Best served within 15 minutes or chill and serve cold.

Good hot or cold! Try adding one cup of one or more of broccoli florets, drained and rinsed; chickpeas or black beans; cooked and diced chicken pieces.

### Nutrition Facts:

Calories	144
Fiber	4 g
Carbs	19 g
Sodium	384 mg
Protein	3g
Total Fat	4 g



## Chicken Fajitas

- 1/3 cup fat-free Italian salad dressing
- 3 chicken breasts, boneless, skinless, cut into strips
- 1 red or green bell pepper, thinly sliced
- 1 onion, thinly sliced
- 1 tomato, diced
- 8 flour tortillas
- Toppings (optional): cheddar cheese, shredded lettuce, shredded sour cream, salsa

1. Pour dressing over chicken, red or green bell pepper, and onion in a large bowl. Mix gently.
2. Let sit for 10 minutes. Drain and throw away the dressing.
3. Add chicken mixture to large skillet.
4. Cook and stir for 10 minutes or until chicken is cooked through. Stir in tomatoes.
5. Top tortillas with chicken mixture and toppings, if desired; roll up.

Makes 4 servings.

### Nutrition Facts:

Calories	340	Sodium	1050 mg
Fiber	4 g	Protein	22 g
Carbs	47 g	Total Fat	7 g



The variety and stage of ripeness determine the flavor and color of each pepper