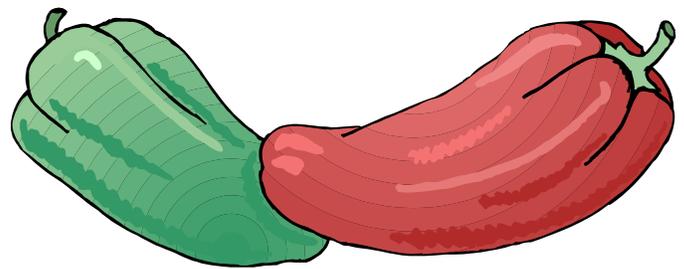


*Fresh*  
FROM THE  
FARM



## PEPPERS



### Selection & Preparation

Choose firm, smooth peppers that have good color.

Avoid peppers with soft spots or wrinkled skin.

Store peppers in the refrigerator. Best when used within 7 days.

Wash well and remove seeds and stem before using.

Red, orange and yellow bell peppers are sweeter in flavor than green peppers.

When cutting hot peppers, wear rubber gloves. Keep gloves on while cleaning the cutting board and knife. Do not touch your eyes while you are cutting hot peppers.

Bell peppers are delicious on salads, dipped in dressing or added to pasta dishes, casseroles and soups.

### Nutrition Facts

Serving Size ½ cup chopped green pepper

Amount Per Serving

Calories 20

% Daily Value\*

<b>Total Fat</b> 0g	<b>0 %</b>
Saturated Fat 0g	0 %
Trans Fat 0g	0 %
<b>Cholesterol</b> 0g	<b>0 %</b>
<b>Sodium</b> 0 mg	<b>1 %</b>
<b>Total Carbohydrate</b> 5 g	<b>2 %</b>
Dietary Fiber 1 g	5 %
Sugars 2 g	
<b>Protein</b> 1 g	
Vitamin A 10%	Vitamin C 110%
Calcium 0%	Iron 2%
Folate 4%	Potassium 132 mg

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

### Key Nutrients

**Vitamin C** - is needed for healthy gums, skin and blood. Green bell peppers have twice the vitamin C by weight as citrus fruits. Red bell peppers have three times as much vitamin C as green varieties! Hot peppers are also an excellent source of this nutrient.

**Vitamin A** - is important for resistance to infection, healthy skin and good vision.

**Potassium** - is needed to maintain normal blood pressure.



Information adapted from Washington WIC & Senior Farmers Market Nutrition Program. This brochure is produced for nutrition education and created by Cape Cod Cooperative Extension: Barnstable County, UMass Extension and USDA cooperating. Barnstable County and UMass Extension offer equal opportunity in programs and employment.



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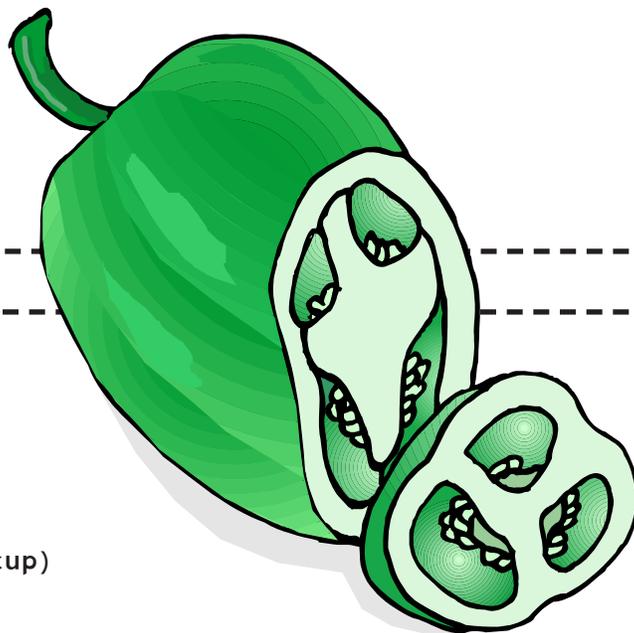
## Stuffed Green Peppers

- 1 tablespoon vegetable oil
- 1/2 cup onion, chopped
- 1 clove garlic, minced, or 1/8 teaspoon garlic powder
- 3 large green 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.

### TIPS:

- A good way to use leftover rice.
- Make extra and freeze for later use.
- Brown rice is a whole grain.



## Colorful Quesadillas

- 8 ounce package cream cheese, fat-free
- 1/4 teaspoon garlic powder
- 8 small flour tortillas (about 6 inches)
- 1 large sweet red or green bell pepper, chopped (about 1 cup)
- 1 cup cheddar cheese, low-fat and shredded
- 2 cups fresh spinach leaves

1. In a small bowl, mix cream cheese and garlic powder together.
2. Spread about 2 tablespoons of the cheese mixture on each tortilla.
3. Sprinkle about 2 tablespoons red or green pepper on one half of each tortilla.
4. Add 1/4 cup spinach
5. Fold tortillas in half.
6. Heat a large skillet over medium heat until hot. Put 2 folded tortillas in skillet and heat for 1-2 minutes on each side or until golden brown.
7. Remove quesadillas from skillet, place on platter and cover with foil to keep warm while cooking the remainder.
8. Cut each quesadilla into 4 wedges. Serve warm.

### TIPS:

- Serve with salsa as a tasty quesadilla dip or topping.
- This is a great after-school or party snack for teens to make themselves.
- Try different cheeses for different tastes, for example: mozzarella for a milder taste, cheddar for a stronger taste or Monterey pepper jack for a hot taste.