

# peppers

## select

Choose peppers that are firm, with a fresh stem. Avoid peppers with soft or wrinkled spots. Bell peppers come in a variety of colors - green, red, orange, yellow, purple.

## store

Store peppers in the refrigerator. Use within 5 days for the best flavor and freshness.

## prepare

Rinse peppers under running tap water before using. Remove the stem and seeds.

**1 cup chopped** = 1 medium pepper



## sautéed peppers

- 1 red bell pepper
- 1 green bell pepper
- 1 sweet onion
- 1 tablespoon olive oil or vegetable oil
- salt
- black pepper

**step 1** Cut peppers and onion into long strips.

**step 2** Heat oil in a large skillet over medium heat. Add the peppers and onions. Sprinkle with salt and pepper.

**step 3** Cook for 10 to 15 minutes, stirring a few times while cooking, over medium heat.



**Serve sautéed peppers on top of your favorite sandwich** - roast beef, hot pork or grilled chicken sandwich.

**Top a taco, enchilada, quesadilla, fajita or burrito with sautéed peppers.**



## chicken pepper bake

- 1 pound boneless chicken breast
- 2 (red or green) bell peppers
- 3 cups small potatoes
- 2 tablespoons olive oil or vegetable oil
- 1 teaspoon Cajun seasoning
- 1 teaspoon dry Italian herbs
- salt and black pepper

**step 1** Cut the chicken, peppers and potatoes into bite size chunks.

**step 2** Place the meat and vegetables into a large bowl. Sprinkle with oil, Cajun seasonings, herbs, salt and black pepper. Toss to coat evenly.

**step 3** Place the chicken and vegetables on a metal baking pan. Roast in a 425° oven for 35 to 45 minutes, or until potatoes are soft and chicken is no longer pink. Toss a couple times while roasting.

*Makes 5 servings - One serving (1 cup) has 246 calories, 5 gms fat, 66.5 mg sodium and 3.5 gms fiber.*