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

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°F 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, 665 mg sodium and 3.5 gms fiber.