

sweet peppers

Add color to your plate with red, green, orange and yellow peppers.

choose

Select peppers that are smooth and firm, and are heavy for their size.

Avoid peppers with soft or wrinkled spots.

1 pound = 3 large or 5 medium bell peppers



small sweet peppers are great for snacking!

Bell peppers come in a variety of colors - green, red, orange and yellow.

store

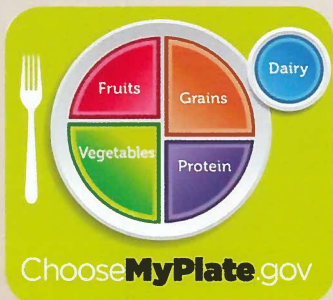
Keep bell peppers in a plastic bag in the refrigerator for up to 5 days.

Use within 1 to 3 days for the best flavor.

prepare

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

½ cup chopped = 1 medium pepper



chicken fajitas



- 3 skinless chicken breasts
- 1 tablespoon vegetable oil
- 1 red pepper
- 1 green pepper
- 1 medium onion
- 2 teaspoons Cajun seasoning
- juice from ½ lime

Step 1 Cut the chicken into long slices. Cut the peppers and onion into slices.

Step 2 Heat the oil in a large skillet over medium high heat. Add the chicken. Cook for 3 minutes, or until chicken is no longer pink. Stir a few times while cooking.

Step 3 Add the pepper and onion slices to the skillet. Season with Cajun seasoning. Stir and fry for 3 minutes.

Step 4 Remove the skillet from the heat. Sprinkle with lime juice and serve with tortillas.

Makes 6 servings - One serving (½ cup) has 127 calories, 5 gm fat, 138 mg sodium and 1.25 gm fiber.

try something new ~

- Use beef strips or shrimp instead of chicken.
- Make Veggie Fajitas - use sliced zucchini instead of chicken.
- Add chopped fresh cilantro after cooking.



more dinner ideas:

- **Fajita Rice:** Serve Chicken Fajita on top of cooked brown rice.
- **Enchiladas:** Place Chicken Fajita on tortillas and roll up. Place in a baking dish. Pour enchilada sauce over tortillas. Bake in a 350° oven for 15 minutes, or until hot.
- **Fajita Salad:** Serve Chicken Fajita on top of chopped lettuce. Serve with salsa.

Bell peppers change in color, flavor and nutrition as they ripen in the garden.

A red pepper is sweeter and has more vitamin A and C than a green pepper.

Make half your plate fruits and vegetables!



1 medium green pepper

Calories 24 (119g)	% Daily Value*
Dietary Fiber (2g) 8%	Iron 2%
Vitamin A 9%	Vitamin C 159%
Potassium 6%	Folate 3%

*Percent Daily Values (%DV) are for adults or children aged 4 or older, and are based on a 2000 calorie diet. Your daily values may be higher or lower based on your individual needs.



1 medium red pepper

Calories 37 (119g)	% Daily Value*
Dietary Fiber (2.5g) 10%	Iron 3%
Vitamin A 75%	Vitamin C 253%
Potassium 7%	Folate 14%

*Percent Daily Values (%DV) are for adults or children aged 4 or older, and are based on a 2000 calorie diet. Your daily values may be higher or lower based on your individual needs.



summer stir fry

- 1 cup chopped zucchini
- 1 cup chopped red or green peppers
- ½ cup chopped onion
- 1 tablespoon vegetable oil
- 2 teaspoons soy sauce
- ½ teaspoon garlic powder
- ¼ cup shredded Parmesan cheese

Step 1 Heat the oil in a large skillet. Add the chopped zucchini, peppers and onions to the skillet.

Step 2 Cook over medium high heat until the veggies are lightly brown, about 4 to 6 minutes. Stir a few times while cooking.

Step 3 Season veggies with soy sauce and garlic powder. Stir and cook for 2 minutes.

Makes 4 servings - One serving (½ cup) has 74 calories, 5 gm fat, 242 mg sodium and 1 gm fiber.

chicken quesadilla



- ½ cup diced red or green peppers
- ½ cup chopped cooked chicken
- ¼ cup shredded cheddar cheese
- 2 (7 inch) tortillas

Step 1 Sprinkle cooked chicken, diced peppers and cheese on a tortilla.

Step 2 Top with another tortilla.

Step 3 Heat quesadilla in a skillet on both sides until the cheese melts.

Makes 2 servings - One serving (½ quesadilla) has 207 calories, 8 gm fat, 237 mg sodium and 2.5 gm fiber.

stuffed peppers



Make the stuffing:

Step 1 Cook the ground beef in a skillet until brown, about 3 minutes.

Step 2 Add the chopped onion and garlic to the cooked beef. Cook for 3 more minutes.

Step 3 Add the cooked rice and tomatoes to the skillet. Season with salt and black pepper. Stir and cook until the liquid is absorbed.

Stuff the peppers:

Step 1 Cut peppers in half. Remove the stems and seeds. Place the peppers in a baking dish that has been sprayed with a cooking spray.

Step 2 Place a couple large spoonfuls of the stuffing in each pepper. Cover with aluminum foil and bake in a 400° oven for 30 minutes.

Step 3 Remove peppers from the oven. Uncover and sprinkle with cheddar cheese. Return to the oven and cook for 2 more minutes.

Makes 4 servings - One serving (½ pepper) has 263 calories, 8 gm fat, 208 mg sodium and 4.75 gm fiber.

- 2 red or green bell peppers
- ½ pound lean ground beef
- ½ cup chopped onion
- 1 garlic clove
- 2 cups cooked brown rice
- 1 (14.5 ounce) can diced tomatoes
- ¼ cup shredded cheddar cheese
- salt and black pepper to taste

snack

- Dip pepper strips in a low fat dill dip or hummus.
- Stuff small peppers with chicken salad or tuna salad.

add more

- Cut a pepper into thin slices. Add to a sandwich or taco.
- Add chopped red or green peppers to a pasta or lettuce salad.
- Top a pizza with diced peppers before baking.
- Stir diced peppers into scrambled eggs. Cook and eat.



freeze

How to freeze peppers:

- Step 1** Wash peppers under running tap water.
- Step 2** Cut out the stem and remove seeds. Cut in half or large chunks.
- Step 3** Pack in freezer bags, removing as much air as possible from the bag.

Store peppers in a freezer at 0°F for 8 to 12 months.