sweet peppers

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

choose

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. 

1/2 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 1/2 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 8 servings - One serving (1/4 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!
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 (¼ 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 (1/6 of recipe) has 207 calories, 8 gm fat, 237 mg sodium and 2.5 gm fiber.

stuffed peppers
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

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 (¼ pepper) has 283 calories, 8 gm fat, 208 mg sodium and 4.75 gm fiber.

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.

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