

# Bell Peppers

Bell peppers can be found in a rainbow of colors and can vary in flavor according to their color. This is because as the pepper ages, the flavor becomes sweeter and more mild.



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## HOW DO I MAKE A GOOD SELECTION?

Choose bell peppers that are firm, bright in color and have tight skin.

## WHAT IS THE PROPER STORAGE?

Store unwashed bell pepper in a plastic bag in the refrigerator for up to one week.

## WHY SHOULD I EAT THIS?

Bell peppers are high in Vitamin C, which helps heal cuts and wounds, and are a good source of Vitamin A, which promotes eye health.

## HOW COULD I USE THIS?

- Add to sandwiches or wraps
- Try adding bell peppers (chopped or cut into strips) to a salad
- Add to salsa
- Add peppers to a stir-fry
- Add to a pasta sauce
- Add to a stew, soup or chili
- Make fajitas by cooking peppers and onion together
- Dice and add to a quesadilla or taco
- Grill peppers or grill them on a kabob
- Slice raw peppers and eat them with a dip or hummus



### DID YOU KNOW?

A red bell pepper is a mature green bell pepper.

# WHAT IS THE SEASONAL AVAILABILITY OF THIS ITEM?

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
<b>HARVEST</b> 						X	X	X	X	X		
<b>MARKET</b> 						X	X	X	X	X		

Sources: SNAP-Ed Connection and Nebraska Buy Fresh Buy Local



Photo Credit: Nebraska Extension Nutrition Education Program

## RECIPE:

### Bell Pepper Nachos

9 Servings

#### Ingredients:

- 1 lb. lean ground beef
- 1 tsp. chili powder
- 1 tsp. cumin
- 1/2 tsp. black pepper
- 1/4 tsp. salt
- 3/4 c. salsa
- 3 bell peppers
- 1 c. cheddar cheese, shredded

#### Directions:

1. Wash hands with soap and water.
2. Preheat oven to 375° F. Spray a baking sheet with non-stick cooking spray. Set aside.
3. In a large skillet, brown ground beef until internal temperature reaches 160 degrees when measured with a food thermometer. Drain fat.
4. In a small bowl, combine spices and salsa. Add to cooked meat.
5. Scrub bell peppers with a clean vegetable brush under running water. Remove seeds, core and membrane from bell peppers. Slice each one into 6 vertical pieces. Set sliced bell peppers on prepared baking sheet.
6. Evenly distribute meat mixture into the bell pepper slices. Top with cheese.
7. Bake for 10 minutes or until cheese is melted and peppers are hot.
8. Store leftovers in a sealed container in the refrigerator.

#### Nutrition Info:

#### Nutrition Facts

9 servings per container	
<b>Serving size</b>	<b>2 slices</b>
Amount per serving	
<b>Calories</b>	<b>160</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 370mg	<b>16%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 17g	
Vitamin D 0mcg	<b>0%</b>
Calcium 76mg	<b>6%</b>
Iron 2mg	<b>10%</b>
Potassium 314mg	<b>6%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.