

# 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 to a salad
- Add to salsa
- Add peppers to a stir-fry
- Dice and add to a quesadilla or taco
- Add to a pasta sauce
- Add to a stew, soup or chili
- Make fajitas by cooking peppers and onion together
- 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?

HARVEST 

MARKET 

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
					X	X	X	X	X		
					X	X	X	X	X		

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



Photo Credit: Marusa Cernjul

## RECIPE:

### Crunchy Vegetable Wraps

4 Servings

#### Ingredients:

- 4 T. low-fat cream cheese
- 1/2 tsp. ranch seasoning mix
- 2 whole wheat tortillas
- 1/4 c. broccoli, chopped
- 1/4 c. carrots, grated
- 1/4 c. zucchini, cut into strips
- 1/4 c. yellow summer squash, cut into strips
- 1/2 tomato, diced
- 1/8 c. green bell pepper, seeded and diced
- 2 T. chives, chopped fine

#### Directions:

1. Wash hands with soap and water.
2. In a small bowl, stir ranch seasoning into cream cheese, chill.
3. Scrub carrots, zucchini, yellow summer squash, and bell pepper with a clean vegetable brush under running water. Gently rub broccoli, tomato, and chives under cold running water.
4. Prepare vegetables (chop, grate, cut, dice, etc.) as directed in the ingredients list above.
5. Spread cream cheese mixture onto flour tortilla, staying one inch from edge.
6. Sprinkle vegetables over cream cheese mixture. Roll tortilla tightly.
7. Repeat steps 5 and 6 for the second tortilla.
8. Chill for 1-2 hours before serving (the wrap will hold its shape better).
9. With a sharp knife slice into circles and serve.
10. Store leftovers in a sealed container in the refrigerator.

#### Nutrition Info:

#### Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>1/2 a wrap</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	5%
<b>Saturated Fat</b> 2g	10%
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 10mg	3%
<b>Sodium</b> 260mg	11%
<b>Total Carbohydrate</b> 13g	5%
<b>Dietary Fiber</b> 1g	4%
<b>Total Sugars</b> 4g	
<b>Includes 0g Added Sugars</b>	<b>0%</b>
<b>Protein</b> 4g	
<b>Vitamin D</b> 0mcg	0%
<b>Calcium</b> 33mg	2%
<b>Iron</b> 0mg	0%
<b>Potassium</b> 179mg	4%

\*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.

Recipe Credit: MyPlate Kitchen, Connecticut Food Policy Council