

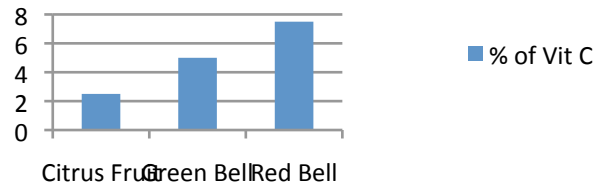


Healthy Benefits of Eating Peppers

- Vitamin C for strong teeth and healthy immune system to fight colds.
- Vitamin A, Vitamin K and Vitamin B6 for improved vision, bones, and blood.
- A serving is equal to ½ cup of peppers.

Did you know?

% of Vit C

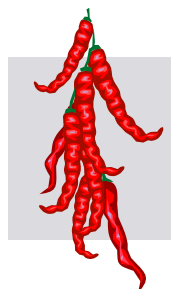


Red bell peppers provide more Vitamin C than citrus fruit?

Hot peppers contain even more Vitamin C – 357% more, to be exact! WOW!!!

Serving Suggestions for Peppers

- Add chopped bell peppers, any color, to your favorite pasta dish.
- Add sautéed pepper slices to your eggs, chicken dishes, or casseroles.
- Sauté peppers in olive oil for added benefits.
- Chop different colored peppers with onions and tomatoes for a quick salsa.
- There are two varieties of peppers: hot and sweet. Be sure to choose the best one for your food dishes.



Nutrition Facts

Serving Size: ½ cup sweet green peppers, chopped (75g)	
Calories 15	Calories from Fat 1
% Daily Value	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	5%
Sugars 2g	
Protein 1g	
Vitamin A 6%	Calcium 1%
Vitamin C 100%	Iron 1%

Pepper Recipes



Pico De Gallo

3 pounds ripe tomatoes, chopped
4½ C. chopped onion
1 C. chopped fresh cilantro
3 small jalapeño peppers, seeds removed, chopped

6 T. lime juice
6 cloves garlic, minced
¾ tsp. salt
Baked tortilla chips

Directions: Combine all ingredients (except chips) in a medium bowl. Serve with chips. (Wear gloves while chopping jalapeno peppers)

Vegetable Quesadillas

½ C. chopped green bell pepper
½ C. frozen corn, thawed
½ C. sliced green onion
½ C. chopped tomato

2 T chopped cilantro
4 (6-inch) flour tortillas
½ C. shredded low-fat cheese

Directions: Coat medium skillet with nonstick cooking spray. Sauté bell peppers and corn over medium heat until softened, about 5 minutes. Add green onion and tomato. Cook until heated, then stir in cilantro. Heat tortillas in a separate skillet over high heat. Place equal amounts of cheese and sautéed vegetables on each tortilla. Fold in half and continue to cook until cheese is melted. Serve hot.

BBQ Turkey in Pepper Shells

¾ pound lean ground turkey
1 large onion, peeled and chopped
1 med. green bell pepper, seeded and chopped
1 (14.-ounce) can diced tomatoes

1 C. canned black beans, drained and rinsed
½ C. prepared barbecue sauce
1 tsp. garlic powder
1 tsp. liquid smoke
3 bell peppers (any color)

Directions: Brown ground turkey in a medium skillet over medium-high heat until no longer pink; drain excess fat. Add onion and cook until tender, about 5 minutes. Add all remaining ingredients except the whole bell peppers; simmer for 10 minutes over medium heat. Meanwhile, cut the whole bell peppers in half lengthwise and remove the seeds. Place in a microwave safe dish with a small amount of water. Cover and microwave bell peppers on high until crisp-tender, for about 5 minutes. Remove peppers from the dish and place on a large plate. Spoon turkey mixture into bell pepper shells and serve.

Serving Ideas:

- Add chopped bell peppers to your favorite pasta sauce.
- Add sautéed bell pepper slices to chicken dishes.
- Add bell pepper slices to your morning eggs for a fresh start.