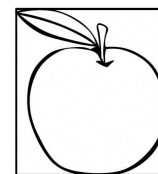


# PEPPERS



## In the garden:



<http://cache1.asset-cache.net/xd/178779601.jpg?v=1&c=IWSAsset&k=2&d=62CA815BFB1CE480D6A5B6EE8DA39EF75145F92974FB5D865AC3DDE2027314B9781CA5E8AC5D18BE>



<http://world-crops.com/wordpress/wp-content/uploads/Bell-pepper-farm-Lanna-Oriental-Chiang-Mai-34.jpg>

## Ready to eat:



<https://thisisbravetalk.files.wordpress.com/2013/11/hot-sauce.jpg>



<https://wheremyfoodiesat.files.wordpress.com/2012/11/san-jose-20121002-00279.jpg>



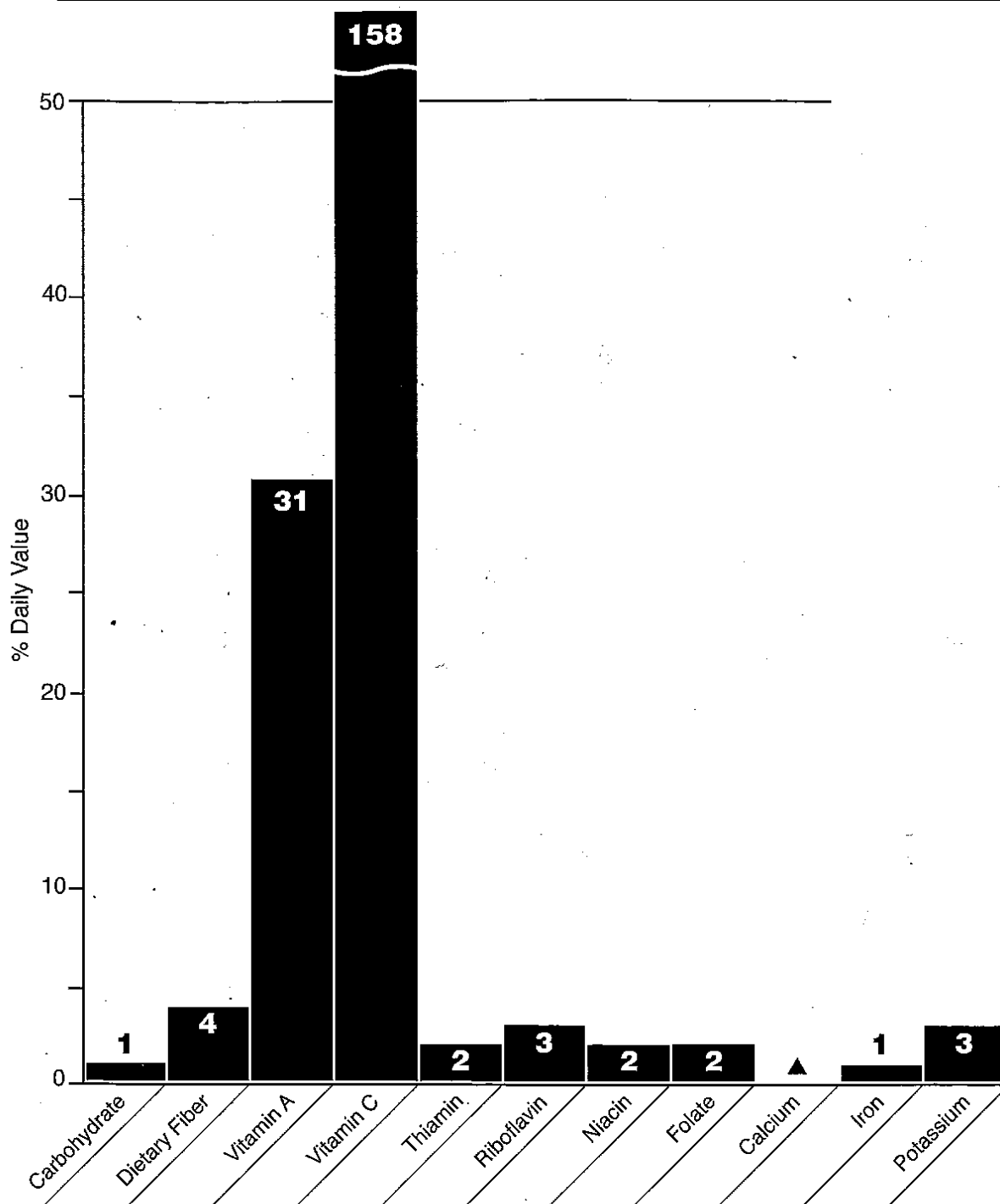
## FUN FACTS:

- There are 2 pepper categories: Sweet Peppers (mild taste) and Chili Peppers (hot and spicy).
- California and Florida grow over 75% of the bell peppers in the United States.
- The ghost pepper is one of the world's hottest chili peppers.
- Bell peppers, by weight, have twice as much Vitamin C than citrus fruits.



# Red and Yellow Bell Pepper

## Nutrition Facts



### Serving Size

$\frac{1}{2}$  Cup Chopped  
 50 Grams  
 13 Calories  
 10% from fat  
 9% from protein  
 82% from carbohydrate  
 0.5 Gram Protein  
 3 Grams Carbohydrate  
 1 gram dietary fiber  
 0.2 Gram Fat  
 46 Grams Water  
 1 Milligram Sodium

Red bell pepper has 26 times more vitamin A and 19% more vitamin C than yellow bell pepper.

▲ Trace

From California Department of Education, 2007

Peppers contain Vitamin C to help heal your cuts & Vitamin A for eye health.

## Southwestern Pepper Cups

### Ingredients

- 5 red or yellow **bell peppers**, medium, halved and seeded
- 1/3 cup **onion**, chopped
- 3 cups **rice**, cooked
- 1 can **tomatoes with chilies**, 10 ½ ounces, diced, undrained
- 1 can whole kernel **corn**, 8 ½ ounces, drained
- Vegetable **cooking spray**
- 1/3 cup **cheddar cheese**, shredded

### Directions

1. Boil a pot of water and add peppers for 2-3 minutes. Drain. Set aside.
2. Heat oil in medium skillet over medium-high heat. Add onion and garlic and cook for 3 minutes.
3. Combine rice, tomatoes with chilies, corn, and cooked onion/garlic mixture. Mix well.
4. Spoon mixture into pepper halves. Place peppers on baking sheet coated with cooking spray.
5. Bake at 350 degrees for 10 minutes or until hot. Sprinkle with cheese.
6. Bake again at 350 degrees for 5-10 minutes, until cheese melts.

from: [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov)

### **Storage and Selection tips for peppers:**

- Choose firm, smooth peppers that have good color.
- Avoid peppers with soft spots or wrinkled skin.
- Store peppers in the



## Southwestern Pepper Cups

### Ingredients

- 5 red or yellow **bell peppers**, medium, halved and seeded
- 1/3 cup **onion**, chopped
- 3 cups **rice**, cooked
- 1 can **tomatoes with chilies**, 10 ½ ounces, diced, undrained
- 1 can whole kernel **corn**, 8 ½ ounces, drained
- Vegetable **cooking spray**
- 1/3 cup **cheddar cheese**, shredded

### Directions

1. Boil a pot of water and add peppers for 2-3 minutes. Drain. Set aside.
2. Heat oil in medium skillet over medium-high heat. Add onion and garlic and cook for 3 minutes.
3. Combine rice, tomatoes with chilies, corn, and cooked onion/garlic mixture. Mix well.
4. Spoon mixture into pepper halves. Place peppers on baking sheet coated with cooking spray.
5. Bake at 350 degrees for 10 minutes or until hot. Sprinkle with cheese.
6. Bake again at 350 degrees for 5-10 minutes, until cheese melts.

from: [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov)

### **Storage and Selection tips for peppers:**

- Choose firm, smooth peppers that have good color.
- Avoid peppers with soft spots or wrinkled skin.
- Store peppers in the







USDA and Washington State University are equal opportunity providers and employers. This material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233.



USDA and Washington State University are equal opportunity providers and employers. This material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233.