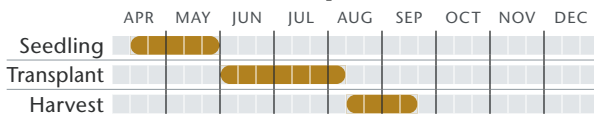


## All About Peppers

### Seasonal Crop Growth



Adapted from WSU Extension Publication EM057E.

### Nutrient Power Pack

Peppers contain key nutrients that benefit your health. ½ cup provides the following Daily Value (%DV).

**Vitamin A** ▶

More than 20%

More than 20%

◀ **Vitamin C**

**Folate** ▶

2–9%

2–9%

◀ **Potassium**

**Calcium** ▶

Less than 2%

2–9%

◀ **Iron**

**Fiber** ▶

2–9%

ESHA Food Processor 11.2.23; database V 11.2.0 (2016);  
FDA Guidance for Industry Food Labeling Guide (2013)

### Did You Know?

- \* Red and orange peppers are an excellent source of **vitamin A**.
- \* “Hot” peppers contain **capsaicin**, a fat-soluble compound that causes a mild burning sensation; that’s why drinking water after eating salsa doesn’t cool the heat. For relief, scientists suggest milk since it contains casein which binds to the capsaicin and helps wash it down.
- \* Bell peppers have twice as much **vitamin C** as citrus fruits (by weight).

Distributed by

More brochures to help you add fruits and vegetables to your diet are available at [wasnap-ed.org/FFF](http://wasnap-ed.org/FFF).



**SNAP-Ed**

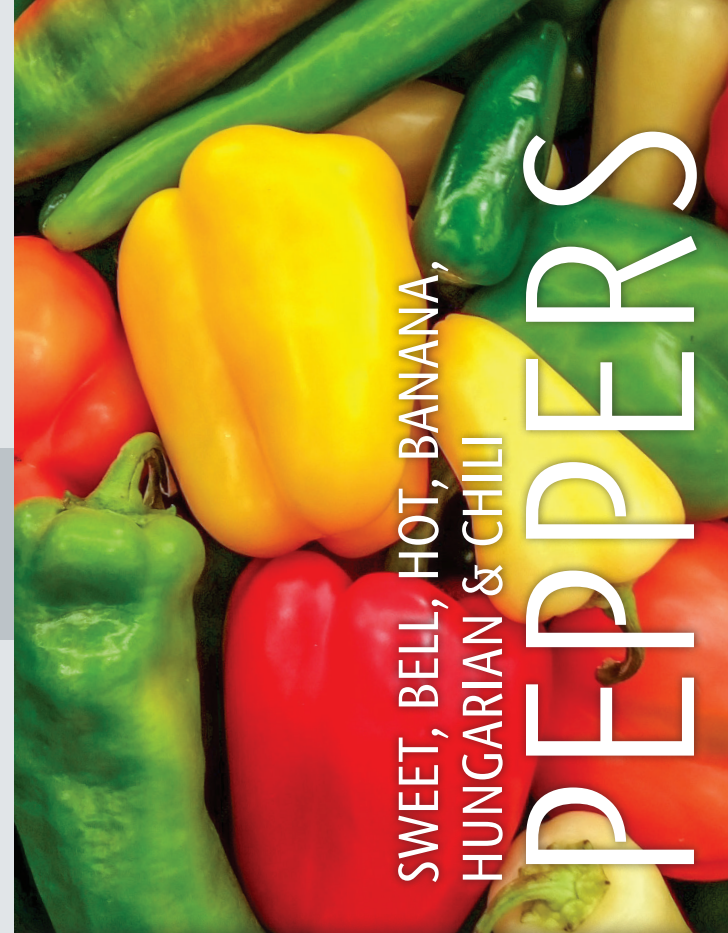
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Adapted from the WIC and Senior Farmers Market Nutrition Program *Fresh from the Farm* series (2004) by Washington State University’s SNAP-Ed Nutrition Education Program. Design by Andrew Mack. Cover photo by Kathleen Manenica.

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

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Rev. March 22, 2018

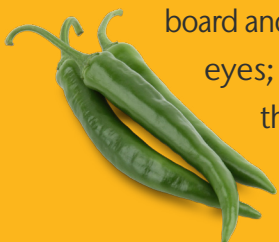
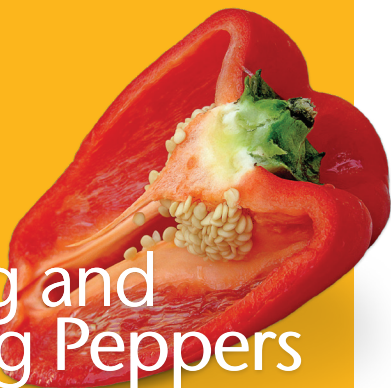


## Selecting and Preparing Peppers

- ☞ Choose firm peppers with smooth, richly colored skins. Avoid peppers with soft spots or wrinkled skin.
- ☞ Store peppers in the refrigerator. They are best when used within 7 days.
- ☞ Wash well and remove the seeds and stem before using.
- ☞ Red, orange and yellow bell peppers are sweeter in flavor than green peppers.

- ☞ Wear rubber gloves when cutting hot peppers, and while cleaning the cutting board and knife. Avoid touching your eyes; *Capsaicin*—the chemical that gives hot peppers their kick—also puts the burn in pepper spray.

- ☞ Bell peppers are delicious on salads, dipped in dressing or added to pasta dishes, casseroles and soups.



## Pepper & Cabbage Salad

Makes 3 servings

- ¼ cup vinegar
- ¼ cup vegetable oil
- 2 cups shredded cabbage
- 1 bell pepper, thinly sliced
- ½ small onion, thinly sliced
- 1 clove garlic, chopped

- 1 Combine all ingredients in a large bowl and mix well.
- 2 Cover and place in the refrigerator to marinate for several hours.

## Stuffed Pepper

Makes 2 servings

- 1 bell pepper
- 1 teaspoon vegetable oil
- ¼ cup chopped onion
- 1 clove garlic, chopped, or ½ teaspoon garlic powder
- 1 cup cooked rice
- ¾ cup tomato sauce
- 1 tablespoon shredded cheese

- 1 Cut pepper in half lengthwise and remove seeds.
- 2 Place pepper halves cut-side down in a microwavable dish. Cook covered for 4 minutes.
- 3 Carefully remove pepper from dish and set aside. In the same dish, add oil, onion and garlic or garlic powder. Cover and microwave for 3 to 4 minutes, or until tender.
- 4 In a bowl combine rice, tomato sauce and onion mixture.
- 5 Place pepper back into microwavable dish cut-side up and spoon rice mixture into pepper. Sprinkle with cheese.
- 6 Cover and microwave 3 to 4 minutes until hot. Serve hot.

## Three Pepper Salsa

Makes 3-4 cups

- 1 16-ounce can\* low-sodium black beans, drained and rinsed
- 8 ounces canned\* corn, drained
- 2 tablespoons canned\* diced green chiles, mild
- ½ orange bell pepper, diced
- 1 teaspoon hot sauce
- 1 tablespoon jalapeño pepper, finely diced
- 3 tablespoons fresh cilantro, chopped
- 2 tablespoons onion, minced
- 2 plum tomatoes, chopped (juice and remove seeds)
- 3 tablespoons fresh lime juice
- ⅛ teaspoon salt (optional)

- 1 Add all ingredients together in a large bowl.
- 2 Stir well to combine.
- 3 Cover and refrigerate for at least 30 minutes to allow flavors to combine.
- 4 Serve chilled.

\*Note: Substitute fresh cooked dry beans, fresh corn, and fresh green chiles, if available.