

Hot Peppers



Selection - Choose smooth, firm hot peppers.

Storage - Store in the refrigerator (stays fresh 5-10 days, varies by kind).

Nutrition - Vitamin C in hot peppers supports healing of cuts and wounds.

Important Note - When using hot peppers, wear gloves if able, and wash hands after cutting.

3 EASY WAYS TO USE HOT PEPPERS

- To saute peppers, add a small amount of oil or butter to a pan. Once hot, add in diced peppers, onions and tomatoes. Cook for about 5-7 minutes. Serve with eggs or on top of burgers.
- To make a spicy Pico de Gallo (chunky fresh salsa), dice jalapeno or other hot pepper and mix with diced tomatoes and onion. Season with lime juice, cilantro, salt and pepper.
- To make a sweet and spicy salsa, add diced jalapeno to cut pineapple, bell pepper, tomato and onion. Season with lime juice, salt, pepper and cumin.



Ingredients

- 4 red potatoes
- 2 1/2 cups kale, chopped
- 1-2 jalapeno peppers, chopped small
- 2 tablespoons olive oil
- 1 clove garlic or 1/2 teaspoon garlic powder
- 1/4 cup onion, chopped
- 1/4 teaspoon salt
- 1 (15 ounce) can black beans, drained and rinsed
- 1/2 cup nonfat plain Greek yogurt

Directions

1. Dice potatoes into 1/4" pieces.
2. Chop kale and jalapenos.
3. Heat oil in large pan over medium heat. Add garlic, jalapeno and onion; cook 2-3 minutes until just starting to brown.
4. Add diced potatoes, salt and pepper to pan. Cover with lid and cook 4-5 minutes. Stir and cook 4-5 more minutes.
5. Add chopped kale and black beans. Cook about 3-5 more minutes, stirring gently.
6. Serve with Greek yogurt.

