

Bell Pepper



Selection - Choose brightly colored peppers that are firm without wrinkled skin.

Storage - Store in the refrigerator (stays fresh for 5 days).

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

3 EASY WAYS TO USE BELL PEPPER

- To add vegetables at breakfast, dice up peppers and add to scrambled eggs. Try other vegetables such as spinach, cherry tomatoes and onions.
- To make a stir fry, slice peppers into strips with onions. Add other vegetables as you like. Season with garlic and soy sauce. Add in cooked chicken or shrimp. Serve over rice.
- To make fajitas, cut peppers and onions into slices.

Add to a baking sheet along with diced chicken.

Season with a fajita spice mix or chili powder, garlic powder, cumin and oregano. Then place in oven for about 10 minutes at 400 degrees. Stir and cook for 5-10 more minutes. Serve with whole grain wraps.

Stuffed Peppers with Turkey and Vegetables

Makes 6 Servings

Ingredients

- 1 cup cooked rice (white or brown)
- 3 bell peppers, cut in half
- 1/2 pound ground turkey or beef
- 1 teaspoon Italian spice mix (or dry basil and oregano)
- 1 teaspoon garlic powder
- 1/4 teaspoon each salt and pepper
- 1/2 cup onion, chopped
- 1 cup mushrooms, sliced
- 1 cup zucchini, chopped (about 1 small zucchini)
- 1 (14.5 ounce) can diced tomatoes with liquid

Directions

1. Cook the rice according to package directions. Preheat oven to 350 degrees.
2. Cut the peppers in half from top to bottom. Remove the stem and seeds.
3. In a large pan over medium heat (300 degrees in an electric skillet), cook the turkey until no longer pink. Add spices during last few minutes.
4. Add onion, mushrooms and zucchini to the pan. Add a small amount of oil, if needed. Cook until tender.
5. Mix in the tomatoes and rice. Remove from heat.
6. Fill the pepper halves with the skillet mixture.
7. Cover the baking dish with foil. Bake at 350 degrees for 40-50 minutes or until peppers are tender when poked with a fork.

