



Sweet Peppers

Sweet peppers come in an assortment of colors such as green, red, orange, yellow, purple, and even white.

Nutrition Facts: 1 Cup

Water	g	140
Energy	kJ	125
Protein	g	1.28
Calcium	mg	15
Iron	mg	.51
Potassium	mg	261
Vitamin C	mg	120
Vitamin A	mcg	27
Beta Carotene	mcg	310
Lutein	mcg	508

When selecting sweet peppers, look for peppers with a smooth, firm skin. Free of blemishes and wrinkles. The stems should be green and fresh, while body cavities should appear dense and heavy.

Sweet peppers should be kept in plastic bags and stored in a refrigerator. Green Peppers tend to stay fresh longer than yellow, orange, or red peppers but should keep for approximately one week.

Freezing sweet peppers is an easy way to preserve them. Rinse, Dry and slice up sweet pepper and place in a zip lock bag allowing all the excess air out.

Nutritional Highlights of Sweet Peppers:

- * Low in calories
- * Good source of Vitamin A , Vitamin C, Folate, Lutein
- * High in fiber
- * Lutein may have several benefits for eye health

Recipes of Sweet Peppers:

Raw Sweet Peppers

Wash and cut pepper in half, removing all the core and seeds.

Cut into strips or chunks and rinse.

Enjoy your raw sweet peppers with any dip or in a casserole, soup, sandwich, or salad!

Sautéed Sweet Peppers

Wash and core peppers; remove seeds and rinse. Cut into half-inch strips. In a large skillet, heat 3 TBL. of olive oil over high heat; add pepper strips and sauté for 5 minutes. Turn heat to low and add 2 cloves of garlic and sauté for two more minutes. Turn heat off and add 1 tsp. of red wine vinegar. Serve on bread or tortilla.

Tri-colored Pepper Kabob

Wash, remove core and seeds, rinse the pepper and chop into chunks. Place pepper chunks onto skewers and lightly drizzle with olive oil. Sprinkle salt and pepper over peppers. Cook on preheated grill until peppers are tender. Remove from heat, cool, and enjoy straight off the skewer sticks!