

Bell Pepper

Bell peppers come in a variety of colors, sizes and shapes. Their skin should be firm and the stem should be fresh and green. Take out the seeds on the inside before eating.

VARIETIES

Bell peppers can be found in a rainbow of colors and can vary in flavor.

Peppers can be grouped into two broad categories—sweet peppers (which are mild) and chile peppers (which are hot). Bell peppers are the most common sweet pepper.

The variety of the pepper plant and the stage of the ripeness determine the flavor and color of each pepper. For example, a red bell pepper is simply a mature green bell pepper.

As a bell pepper ages, its flavor becomes sweeter and milder.



Modified and Distributed By

Cornell Cooperative Extension
Genesee County

Originally developed by University of Nebraska-Lincoln
Extension in Lancaster County

Nebraska UNIVERSITY OF
Lincoln **EXTENSION**

Nutrition Facts

- Fat free
- Cholesterol free
- Sodium free
- Very high in vitamin C
- Good source of vitamin A
- Good source of beta-carotene

USES

Peppers are good to raw or with vegetable dip.

Use a variety of colored peppers in your salads. Add peppers to your pasta, Chinese, or Mexican dishes..

Selection

Bell peppers are available and are in good supply all year, but they are more plentiful and less expensive during the summer months. Fresh peppers should be firm without any wrinkles, and the stem should be fresh and green. They should feel heavy for their size. Avoid peppers with sunken areas, slashes or black spots.

Storage

Store unwashed bell peppers in a plastic bag in the refrigerator. They will stay fresh for about a week. Green bell peppers will stay fresh a little longer than the yellow and red ones.

Preparation

Wash the pepper under running water. If the pepper has been waxed, you should also scrub it well. Use a paring knife to cut around the stem and then gently remove it. To easily chop, dice or cut the peppers into strips, first cut the pepper in half lengthwise, clean out the core and seeds, and then, after placing the skin side down on the cutting surface, cut into the desired size and shape. Peppers can also be cut horizontally into rings or left whole for stuffed peppers after carefully removing

Sweet Red Pepper Soup

Ingredients:

- Non-stick cooking spray
- 1 medium onion, chopped
- 1 small jalapeno chili, seeds and veins discarded, minced
- 2 garlic cloves, minced
- 1 jar (15-ounces) roasted red bell peppers, drained
- 1 cup reduced sodium tomato juice
- 2 cups low sodium vegetable stock
- ½ teaspoon dried marjoram leaves
- ½ cup fat-free sour cream
- 1 small green onion (scallion), thinly sliced

Directions:

Spray medium saucepan with cooking spray; heat over medium heat until hot. Sauté onion, chili, and garlic until tender.

Using a food processor or blender, process onion mixture, red bell peppers, and tomato juice until smooth. Return mixture to saucepan and add vegetable stock and marjoram; heat to boiling. Reduce heat to low and simmer, covered, for 15 minutes.

Serve warm or cold with a dollop of sour cream and a sprinkle of green onion on top.

Makes 4 servings

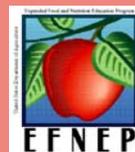
Nutrition Facts

| | |
|--|-----------------------------|
| Serving Size 1 cup (334g) | |
| Servings Per Container 4 | |
| Amount Per Serving | |
| Calories 100 | Calories from Fat 10 |
| % Daily Value* | |
| Total Fat 1g | 2% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 5mg | 1% |
| Sodium 890mg | 37% |
| Total Carbohydrate 18g | 6% |
| Dietary Fiber 2g | 7% |
| Sugars 10g | |
| Protein 4g | |
| Vitamin A 100% | Vitamin C 130% |
| Calcium 8% | Iron 8% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |

Source: www.fruitsandveggiesmatter.gov

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Nutrition Facts calculated by The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.