

BELL PEPPER

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**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

CHARACTERISTICS

- Bell peppers are in the same family as tomatoes, eggplant and potatoes.
- Select peppers that are bright in color, firm, and free of soft spots or blemishes
- Bell peppers can be green, red, yellow, orange, or purple; green and purple are slightly bitter, while red, yellow and orange peppers are sweeter.
- 1 cup of a chopped red bell pepper contains:
 - 317% of your recommended daily value of vitamin C to help heal wounds and to keep teeth and gums healthy.
 - 20% of your recommended daily value of vitamin B6 to help the body convert food into energy.



PREPARE

Wash bell peppers. Remove the stem and seeds. Try bell peppers:

- *Sautéed* alone or with other vegetables
- *Raw* with your favorite dip or on a salad
- *Grilled* whole or as part of a kabob
- *Roasted* with other vegetables
- *Stuffed and baked*

STORE

- To refrigerate: Store unwashed peppers in the refrigerator for 7-10 days.
- To freeze: Whole raw peppers can be frozen in a plastic bag for up to 1 year. You can also cut peppers into pieces and freeze them in a plastic bag for up to 1 year.