

JALAPENO

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GREATER
CHICAGO
- FOOD -
DEPOSITORY.

CHARACTERISTICS

- Jalapenos are long, green peppers that can add spice to many dishes due to its seeds. Some jalapenos may be red.
- Select peppers that are firm and green or red in color. Avoid soft or discolored peppers. White, wrinkly lines indicate an older, spicier pepper.
- 1 cup of sliced jalapenos contains:
 - 20% of your recommended daily value of vitamin B-6 to support immune and nervous system function.
 - 19% of your recommended daily value of vitamin A to maintain eye and skin health and to protect the body against infections.



PREPARE

Wash and dry. Trim the stem, cut lengthwise, scrape out seeds with a spoon, cut into strips, and dice. Make sure to wash hands after handling!

Try jalapenos:

- *Diced* and mixed into salsa or guacamole
- *Roasted* on sandwiches, tacos, and pizzas
- *Sliced* and used as toppings for chili, soups, and salads

STORE

- Whole jalapenos can be stored at room temperature for 2-3 days
- Sliced or diced jalapenos should be placed in a paper bag or wrapped in paper towels. Refrigerate for up to one week