

Peppers



Key Points

- ▶ A rich source of vitamin C. Contain carotenoids that may be good for health.
- ▶ Choose firm, brightly colored peppers with tight skin that are heavy for their size. Avoid dull, shriveled, or pitted peppers.
- ▶ Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- ▶ Refrigerate bell peppers in a perforated plastic bag for use within one to three days.

Stuffed Bell Peppers

Number of servings: 6

Ingredients:

- 1 pound ground turkey
- ½ onion, chopped
- 8 ounces low-sodium tomato sauce
- ¼ cup water
- ⅛ teaspoon ground black pepper
- ½ cup instant brown rice, uncooked
- 6 medium green peppers

Per serving: 219 calories; 8 g fat (2 g saturated fat); 16 g protein; 22 g carbohydrate; 3 g dietary fiber; 62 mg cholesterol; 89 mg sodium.

Directions:

- ▶ Heat oven to 350°F.
- ▶ Heat skillet to medium. Cook ground turkey in skillet until no longer pink. Remove from skillet and drain fat.
- ▶ Cook onion until translucent, about 3-5 minutes.
- ▶ Stir in tomato sauce, water, and black pepper. Bring to a boil.
- ▶ Stir in rice, cover, reduce heat, and boil on low for 5 minutes.
- ▶ Once rice is cooked, add the cooked ground turkey back to the skillet. Remove from heat and let stand for 5 minutes.
- ▶ Meanwhile, remove tops from green peppers and cut in half lengthwise.
- ▶ Fill pepper halves with meat mixture. Place in a shallow baking dish.
- ▶ Cover peppers with aluminum foil and bake at 350°F for 30 minutes.
- ▶ Let stand for 5 minutes before serving.

Tomato Salsa

Number of servings: 10

Ingredients:

- 3 cups tomatoes, chopped
- ½ cup green bell pepper, chopped
- 1 onion, chopped
- ¼ cup fresh cilantro, chopped
- 2 tablespoons lime juice
- 1 teaspoon jalapeno pepper, minced
- ½ teaspoon ground cumin
- ½ teaspoon ground black pepper

Directions:

- ▶ Stir the tomatoes, green bell pepper, onion, cilantro, lime juice, jalapeno pepper, cumin, and pepper in a bowl.
- ▶ Serve with baked corn chips, meat, or fish.

Per serving: 21 calories; trace fat (0 g saturated fat); 1 g protein; 5 g carbohydrate; 1 g dietary fiber; 0 mg cholesterol; 7 mg sodium.

Quick Tips

- ▶ Bell peppers are available in green, red, yellow, orange, or even purple, making it easy to add color to your plate. If a recipe calls for one color, be adventurous and try another.
- ▶ Use cut up peppers as part of afternoon snacks. Dips are always popular among kids, so try serving peppers with hummus or low-fat ranch dip.
- ▶ Wash thoroughly with running water before peeling, cutting, or eating. Do not wash produce until ready to eat.
- ▶ Dice bell peppers of any color and toss them on a pizza before baking, into pasta sauce as it cooks, or into an omelet before you fold it.

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