

Peppers



Cook with **Color**



¡Cocine con pimientos!



How do you select and store peppers?

- Bell peppers come in green, red, yellow, orange, and purple, making it easy to add color to your plate!
- Choose peppers with firm skin and avoid peppers with sunken areas, slashes, or black spots.
- Store unwashed peppers in a plastic bag in the refrigerator. They will stay fresh for about a week.
- Slice, dice or core peppers with a sharp knife when you are ready to cook. Try different cuts for different dishes.

Ways to enjoy bell peppers!

- Peppers can be grilled, lightly steamed, microwaved, baked, stir fried or eaten raw!
- Bake any size peppers stuffed with cooked rice, beans, vegetables, and cheese.
- Stir fry peppers with other vegetables, seasonings, and thin slices of your favorite meats. Serve over rice, pasta, or couscous!
- Chop raw peppers into tuna salad, or any salad! Add thin slices to sandwiches or veggie platters.
- Top store bought or homemade pizza with thin pepper slices and bake!



Bell Pepper Salad

Wash bell peppers! Remove tops and seeds. Cut into ¼ inch strips. Peel onion and slice into thin strips.

Stir together vinegar, oil, salt, and pepper in a large mixing bowl. Add bell pepper and onion and gently stir to coat.

Cover and refrigerate for 30 minutes before serving with any meal.

Vegetables

4 bell peppers, chopped
½ medium onion,
chopped

Flavorings

2 ½ tablespoons vinegar
1 tablespoon olive oil
1/8 teaspoon salt
1/8 teaspoon pepper

Add any type of vegetables —just cut thin!

Health Benefits of Peppers!

- Sweet peppers are a very good source of vitamin C, beta carotene, folic acid, potassium and dietary fiber.
- Bell peppers are rich in antioxidants and protect against heart disease and cancer!



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Check out our Farmers' Market Nutrition Program website for recipes and resources. Scan this QR code with your smartphone or visit this address:
<https://nyc.cce.cornell.edu/farmers-market-nutrition-education-program-fmnp/>



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