

Produce of the Month







Green Bell Pepper








Nutritional Information

- One medium pepper is about 30 calories
- Bell peppers are high in vitamin C
- Peppers contain good dietary fiber

Fun Facts

-  Bell peppers are in the nightshade family with eggplants and tomatoes.
-  Bell peppers can be yellow, red, green, purple, white or brown.
-  Bell peppers are the only pepper that does not produce the spice capsaicin
-  Peppers are actually fruit

Selecting, Storing, Preparing

-  Select firm, heavy for the size peppers without blemishes
-  Store unwashed peppers for 7-10 days in the refrigerator
-  Wash your bell pepper with cold water before cutting the pepper
-  Cut around the stem to remove it with most of the seeds
-  Bell Peppers can be consumed raw, sautéed, roasted or chopped into soups

Recipes/Ideas

- Eat sliced peppers with hummus or other dips
- Slice peppers horizontally to garnish salads
- Mix chopped peppers into egg dishes or salads for extra flavor and crunch

For more ideas:

<http://allrecipes.com/recipes/16967/fruits-and-vegetables/vegetables/bell-peppers/>

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9 Hours of Sleep – 5 Servings of Fruits & Vegetables – 2 Hours or less of Screen Time – 1 Hour of Physical Activity – 0 Sugary Beverages

Manchester's Message for a Healthier You

<http://95210.townofmanchester.org/>