

BELL PEPPERS



HOW DO THEY TASTE?

Bell peppers are crunchy, juicy, and mildly sweet.

HOW DO I PICK THEM?

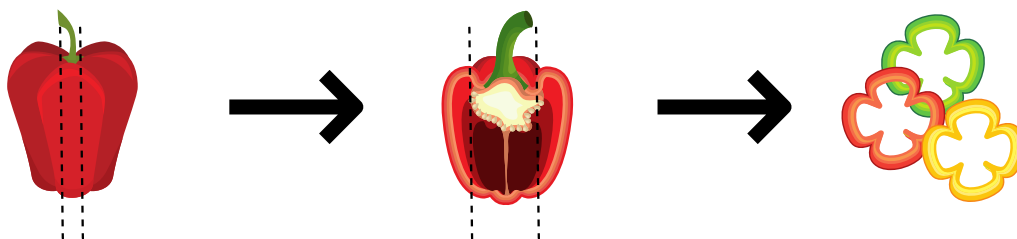
Choose a pepper with deep color and firm skin that is slightly soft when you press on it. Bell peppers are available all year round at the grocery store but can be found locally during their peak season between the months of July through October.

HOW DO I STORE THEM?

Store bell peppers in a plastic bag in a drawer in the refrigerator for up to 1-2 weeks.

HOW DO I PREPARE THEM?

1. Wash in cold water then gently dry with a towel.
2. Cut around the seeds by cutting off sides of pepper.
3. Slice or chop pepper according to recipe being used.



Visit the URI Nutrition YouTube channel to watch a video on how to cut bell peppers!

Raw bell peppers are tasty served with a **dip**, tossed in a **salad**, or added to a **sandwich**. Cooked bell peppers are tasty when **stuffed** with ground turkey and cheese, added to a **soup** or **chili**, or used as a **pizza topping**.

CREAMY RANCH DIP

Ingredients:

- 1/3 cup mayonnaise
- 1/3 cup nonfat plain yogurt
- 1/4 teaspoon dill weed
- 1/2 teaspoon celery salt
- 3 cups sliced bell peppers

Directions:

1. In a small bowl, stir together the mayonnaise, yogurt, dill, and celery salt. Blend until creamy.
2. Serve with sliced bell peppers or any other fresh vegetable.

KITCHEN TIP!

Slice up extra bell peppers into strips and freeze for later use. Keep frozen for up to 6 months.



For recipes & information about preparing healthy foods, visit web.uri.edu/SnapEd or call us at 1-877-366-3874.



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