

# 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  
⅓ 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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