



Harvest of the Week

Volume 1, Issue Peppers

Health and Learning Success

Eating fruits and vegetables and being physically active are simple ways to make your family healthier. Healthy habits can help students concentrate and do better in school. Use **Harvest of the Week** to learn how to eat more fruits and veggies and get active.

Let's Get Physical!

Do sit-ups and push-ups during TV commercials.

Go for a 10-15 minute walk during your lunch break.

Visit a local or state park and go for a hike.

Find a park near you at: www.mostateparks.com.

Fun Facts

Bell peppers are scientifically "fruits" but we speak of and eat them like vegetables.

Peppers are found in a rainbow of colors—red, green, yellow, orange, purple and even brown.

By weight, bell peppers contain 2-3 times as much vitamin C as citrus fruits—especially red bell peppers.

Peppers

HELP YOUR CHILD EAT HEALTHY

- Bell peppers are sweet, not spicy. Slice raw bell peppers and serve with low-fat dip for a snack or side dish.
- Top homemade pizza with sliced bell peppers. Or, use jalapeno peppers for a spicy kick!
- Add chopped sweet bell peppers to salads or stir into soups and pasta sauces.
- Use chopped hot peppers to make spicy salsa. (Hint: For less spice, remove seeds and inner membranes before chopping.)



PRODUCE TIPS

- Look for firm peppers that are heavy with smooth, shiny skin and green stems.
- Choose peppers with solid color and no wrinkles.
- Store whole peppers in sealed plastic bags in the refrigerator for 5-7 days. Wrap cut peppers in plastic and store in the refrigerator for up to 3 days.

Helpful Hint: Use rubber gloves when handling hot peppers. Be careful to not touch or rub eyes.

HealthWise

VEGETABLE QUESADILLAS

Makes 4 servings (1 quesadilla each)

Ingredients:

- 1/2 cup chopped green bell pepper
- 1/2 cup frozen corn, thawed
- 1/2 cup sliced green onion
- 1/2 cup chopped tomato
- 2 TBS chopped cilantro
- 4 (6-inch) whole wheat flour tortillas
- 1/2 cup shredded low-fat cheese
- Nonstick cooking spray



Directions:

1. Coat medium-sized skillet with nonstick cooking spray. Sauté bell peppers and corn over medium heat until softened, about 5 minutes.
2. Add green onion and tomato. Cook until heated, then stir in cilantro.
3. Heat tortillas in separate skillet over high heat. Place equal amounts of cheese and sautéed vegetables on each tortilla.
4. Fold tortilla in half and continue to cook until cheese melts. Serve hot.

Source: Adapted from *Healthy Latino Recipes Made with Love, Network for a Healthy California*, 2008.

- ✓ Red bell peppers are much sweeter than green peppers and often better received by young children. They also contain more vitamin C!
- ✓ Have children help pick out a rainbow of different fruits and vegetables at the grocery store.
- ✓ Ask your child what he/she learned about peppers at school.

Bell Pepper Nutrition Facts	
Serving Size	1 medium bell pepper
Calories 25	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 40mg	2%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 1g	
Vitamin A 4%	Vitamin C 190%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.	