

# Mini Sweet Peppers

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- Mini sweet peppers are a cross between bell peppers and wild bird peppers.
- Even though they are peppers, they are not hot and actually have a sweet taste and crisp texture!
- The small peppers range in color from yellow, red, to orange and their skin is smooth, glossy, and firm.
- They are grown in Mexico, California, and Florida and are available year round.
- Mini sweet peppers are not very old at all! They've only been around since the 1990s.
- They have vitamin C and vitamin A which helps keep your body and eyes healthy.
- The peppers can be sliced and eaten by themselves or used in salads, sandwiches, salsa, soups, or mixed in pasta or used as a pizza topper!



[Click here for a fun recipe using peppers!](#)

**OKCPS School Nutrition Services**

