



Peppers



Varieties Grown in New York State

- Bell Peppers
- Jalapenos
- Hungarian Wax Peppers

Nutrition and Health Benefits

- Peppers are fat-free and low calorie!
- Like many veggies, peppers have fiber, which is good for our digestion!
- Bell Peppers contain Vitamins A and C.
- Fun Fact! The most popular type of pepper in the US is the green bell pepper.

Selection

- Peppers can taste hot or sweet!
- Choose firm, brightly-colored peppers with a shiny, smooth skin. Avoid dull and wrinkly peppers.
- Store in the fridge for up to 5 days, and rinse before removing the seeds.

How It's Grown

- Peppers are pretty low maintenance and easy to grow, even in a pot or small container!
- Bell Peppers only take about 80 days to grow to maturity.

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Kid-Friendly Eating Tips

- Grill them up! Peppers are a great grilling vegetable with just a drizzle of olive oil and a pinch of salt and pepper! Make them even better with other grilling veggies, or add a salt-free seasoning!
- Eat them raw! Sweet bell pepper slices with a healthy hummus make a great, easy snack!
- Make it colorful! Peppers come in a wide variety of colors – add them to everything like sandwiches, salads, and burgers to add a lot of color and crunch to any meal!

Storage Tips

- Keep peppers refrigerated in a plastic bag in the veggie drawer.
- Rinse peppers under cold running water just before use.
- Expert Tip! Keep peppers dry! Moisture will encourage rotting.
- Peppers should last at least 4-5 days in the fridge.

Preparation & Cooking Tips

- Peppers of all types are great raw or cooked. Eat them as a snack or cook them by sautéing or grilling.
- Cut off the top and bottom of the pepper and then slice the outside parts, leaving the inside white pith and seeds.
- Expert Tip! The hottest parts of a pepper are the seeds and flesh inside. Remove these before using hot peppers to “cool” them down!

RECIPE

GREEN PEPPER & TOMATO SALAD

Ingredients:

- 2 green bell peppers, diced
- 3 tomatoes, diced
- 1 small onion, chopped
- 1 large garlic clove, finely chopped
- ½ cup parsley, coarsely chopped
- 1 tablespoon lemon juice
- 1 tablespoon red wine vinegar
- 3 tablespoons extra-virgin olive oil
- Pinch of salt and pepper
- 1 teaspoon cumin

Directions:

Combine peppers, tomatoes, onions, garlic, parsley in a bowl with your fingertips. Drizzle lemon juice, vinegar, and then olive oil over salad. Sprinkle salt, pepper, and cumin. Toss salad. Enjoy!

BROCCOLI WITH ROASTED PEPPERS

Ingredients:

- 5 cups broccoli (about 1 large bunch)
- 1-2 garlic cloves, minced
- 1 tablespoon olive oil
- ¼ cup diced roasted red peppers
- 1 tablespoon fresh parsley, minced
- ½ teaspoon salt
- 1/8 teaspoon pepper

Directions:

Place broccoli in a steamer basket. Place in a saucepan over 1 inch of water, bring to a boil. Cover and steam for 5-8 minutes or until crisp-tender. Meanwhile, in a nonstick skillet, sauté garlic in a small amount of butter for 1 minute. Stir in red peppers, parsley, salt, and pepper. Transfer broccoli to a large bowl and add red pepper mixture and toss. Enjoy!

