

Vegetable of the Month

Bell Peppers



Bell peppers are a great source of vitamin C. If you thought citrus fruits packed a powerful punch when it comes to being a good source of vitamin C, peppers have them beat. Green peppers have twice the amount of vitamin C by weight than citrus fruits, and this powerful punch of vitamin C is an antioxidant that may be effective in preventing certain cancers. Red bell peppers have three times as much vitamin C as the green varieties and are a good source of beta carotene.

Nutrition Facts

Serving Size (149g)		Servings Per Container	
Amount Per Serving			
Calories 40	Calories from Fat 5		
% Daily Value*			
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Cholesterol 0mg	0%		
Sodium 0mg	0%		
Total Carbohydrate 10g	3%		
Dietary Fiber 3g	12%		
Sugars 4g			
Protein 1g			
Vitamin A 20%	• Vitamin C 220%		
Calcium 2%	• Iron 4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Varieties

Bell peppers can be found in a rainbow of colors and can vary in flavor. The variety of the pepper plant and the stage of the ripeness determine the flavor and color of each pepper. For example, a red bell pepper is simply a mature green bell pepper. As a bell pepper ages, its flavor becomes sweeter and milder. Red bell peppers contain eleven times more beta carotene than green bell peppers.

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% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 10g **3%**

Dietary Fiber 3g **12%**

Sugars 4g

Protein 1g

Vitamin A 170% • Vitamin C 470%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Red pepper

Nutrition Facts

Serving Size (149g)
Servings Per Container

Amount Per Serving

Calories 40 **Calories from Fat 5**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 9g **3%**

Dietary Fiber 1g **4%**

Sugars 4g

Protein 1g

Vitamin A 8% • Vitamin C 460%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Yellow pepper

Selection

Bell peppers are available and are in good supply all year, but they are more plentiful and less expensive during the summer months. Fresh peppers come in variety of colors, shapes, and sizes, but when selecting them, they all follow the same guidelines. Their skin should be firm without any wrinkles, and the stem should be fresh and green. They should feel heavy for their size. Avoid peppers with sunken areas, slashes or black spots.

Storage

Store unwashed bell peppers in a plastic bag in the refrigerator. They will stay fresh for about a week. Green bell peppers will stay fresh a little longer than the yellow and red ones.



Make Bell Peppers Part of Your 5 A Day Plan

- Use them to create colorful and exciting meals by adding a mixture of different colored sliced or chopped peppers to your favorite salads, pastas, and Chinese or Mexican dishes.
- They can be used as a colorful garnish.
- Include sliced peppers on your next veggie tray.
- Carve out peppers and stuff them with rice or use them as colorful containers for dips or other edible items.

Recipes

Roasted Peppers

To add a delightfully smoky flavor to pasta dishes, pizza, and brochette, bell peppers can be grilled on a barbecue grill, over the flame of a gas range burner, or broiled in the oven.

To prepare peppers, cut a small slit near the stem of each pepper. If grilling, secure pepper to a long-handled fork and hold over flame turning pepper until skin becomes blackened. If using an oven, broil peppers 4 inches away from heating element. After skin has blackened, immediately place peppers in a zip-lock bag for 15 minutes to allow them to steam. Remove pepper from bag and scrape the skin off using a table knife. Remove stem, core, and remove seed from pepper.



Turkey-Apple Gyros

Makes 6 servings

Each serving equals one 5 A Day serving

1 medium Golden Delicious apple, cored and thinly sliced

2 Tbsp fresh lemon juice

1 cup thinly sliced onion

1 medium red bell pepper, cut into thin strips

1 medium green bell pepper, cut into thin strips

1 tsp olive oil

8 ozs cooked turkey breast, cut into thin strips

6 whole wheat pita bread rounds, lightly toasted

1/2 cup plain low-fat yogurt

1 garlic clove, minced

Toss apple with lemon juice; set aside. In a large nonstick skillet, saute onion and peppers in hot oil, stirring frequently until crisp-tender. Add turkey to skillet and stir until heated through. Stir in apple mixture. Add garlic to yogurt and mix. Fold pitas in half and fill with turkey mixture. Drizzle with yogurt mixture.

Nutritional Analysis per serving: calories 155, protein 11g, fat 2g, percent calories from fat 12%, cholesterol 18mg, carbohydrates 25g, fiber 4g, sodium 400mg

Vegetarian Stuffed Peppers

Makes 8 Servings

Each serving equals one 5 A Day serving

4 red or green bell peppers
2 cups (1 pint) cherry tomatoes
1 medium onion
1 cup fresh basil leaves
3 garlic cloves
2 tsp olive oil
1/4 tsp salt
1/4 tsp pepper



Preheat oven to 425°F. Lightly oil a large shallow baking pan. Cut peppers in half lengthwise and remove seeds. Arrange peppers cut sides up in baking pan and lightly oil cut edges of stems. Halve cherry tomatoes and chop onion and basil. Finely chop garlic. In a bowl toss tomatoes, onion, basil, garlic, olive oil, salt and pepper to taste. Spoon equal portions of mixture into peppers and roast in upper third of oven until peppers are tender, about 20 minutes.

Nutritional Analysis per serving: calories 41, protein 1g, fat 1g, percent calories from fat 22%, cholesterol 0mg, carbohydrates 7g, fiber 2g, sodium 64mg