

Peppers

Key Points

- For the best buy, choose shiny, firm peppers.
- To prepare peppers, rinse and remove the stem, core and seeds before using.
- To store fresh, refrigerate peppers for up to 5 days.
- Peppers contain vitamin C, which is good for fighting colds and healing cuts.



Pepper Pizza

Ingredients:

- 4 English muffins, split and toasted
- 1 cup tomato sauce
- 1 bell pepper, chopped
- 1/2 teaspoon garlic powder (optional)
- 1 teaspoon oregano (optional)
- 1/2 cup shredded low fat Mozzarella cheese

Directions:

1. Preheat oven to 400°F.
2. Place English muffin halves on a baking sheet (you will have 8 halves).
3. Top each muffin half with 2 tablespoons tomato sauce.
4. Divide chopped pepper evenly on top of the sauce.
5. Sprinkle each pizza with garlic and oregano.
6. Top each pizza with 1 tablespoon of cheese.
7. Bake for 10-15 minutes or until cheese is melted and slightly brown.
8. Refrigerate leftovers.

Makes 4 servings.

Pepper Frittata

Ingredients:

- 2 tablespoons vegetable oil
- 2 potatoes, chopped
- 2 onions, chopped
- 3 bell peppers, chopped
- 6 eggs, beaten
- Salt and pepper (optional)

Directions:

1. Heat oil in a frying pan over medium heat.
2. Add potatoes, onion and peppers and cook until vegetables are soft.
3. Pour in eggs and gently stir together.
4. Cover the pan and continue to cook until eggs are firm.
5. Serve hot and enjoy!
6. Refrigerate leftovers.

Makes 6 servings.

Quick Tips

- Cut peppers into strips and eat plain or with dip.
- Add peppers to tuna, chicken, potato or pasta salads.
- Add chopped peppers to pasta sauce or rice dishes.
- Remember to rinse all fruits and vegetables before using.

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The Nutrition Facts Label—What does it tell us?

Recipe name: Pepper Pizza

Nutrition Facts

Serving Size: 1/4 of recipe (162g)

Servings Per Recipe: 4

Amount/Serving

Calories 200 **Calories from Fat** 35

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 290mg **12%**

Total Carbohydrate 33g **11%**

Dietary Fiber 2g **6%**

Sugars 3g

Protein 10g

Vitamin A 8% Vitamin C 50%
Calcium 20% Iron 15%

*Percent (%) Daily Values are based on a 2,000 calorie diet.

1. Start with Serving Size.

2. Check Calories.

3. Limit these:

- Total Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

Percent (%) Daily Value:
5% or less is LOW
20% or more is HIGH

The Nutrition Facts Label—What does it tell us?

Recipe name: Pepper Frittata

| Nutrition Facts | | | |
|--|-------|-----------------------|------------|
| Serving Size: 1/6 of recipe (208g) | | | |
| Servings Per Recipe: 6 | | | |
| Amount/Serving | | | |
| Calories 180 | | Calories from Fat 90 | |
| | | % Daily Value* | |
| Total Fat | 10g | | 15% |
| Saturated Fat | 2 g | | 10% |
| Trans Fat | 0g | | |
| Cholesterol | 210mg | | 71% |
| Sodium | 75mg | | 3% |
| Total Carbohydrate | 17g | | 6% |
| Dietary Fiber | 3g | | 11% |
| Sugars | 4g | | |
| Protein | 8g | | |
| | | | |
| Vitamin A | 10% | Vitamin C | 100% |
| Calcium | 4% | Iron | 10% |
| | | | |
| *Percent (%) Daily Values are based on a 2,000 calorie diet. | | | |

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- Vitamin A
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