



Bell Pepper

Bell peppers come in a variety of colors, sizes and shapes. Their skin should be firm and the stem should be fresh and green. Take out the seeds on the inside before eating.

Bell peppers are vegetables which grow on plants.

Peppers were originally grown in Central and South America.

Peppers can be grouped into two broad categories—sweet peppers (which are mild) and chile peppers (which are hot). Bell peppers are the most common sweet pepper.

California and Florida grow about 78% of the bell peppers grown in the United States.

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.



NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Very high in vitamin C
- Good source of vitamin A
- Good source of beta-carotene

USES

Peppers are good to eat raw or with vegetable dip. Use a variety of colored peppers in your salads. Add peppers to your pasta, Chinese, or Mexican dishes.



Funded in part by USDA's Food and Nutrition Service, EFNEP, and Nebraska Department of Health and Human Services 2008. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.

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Zesty Corn Salad
Preparation time: 2 hours, 15 minutes
Number of servings: 6
Cups of fruits or vegetables per serving: 1



- 2 (15.25 oz.) cans corn, drained
- 1 green bell pepper, diced
- 1 onion, diced
- 6 jalapeno peppers, seeded and minced
- 1 c. cilantro, chopped
- $\frac{3}{4}$ c. fat-free Italian salad dressing

1. In a large bowl, mix all ingredients.
2. Cover and refrigerate at least 2 hours or until chilled.

Nutrition Information per Serving: Calories 110, Total Fat 2 g (3% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 450 mg (19% DV), Total Carbohydrate 21 g (7% DV), Dietary Fiber 5 g (20% DV), Sugars 13 g, Protein 4 g, Vitamin A 8%, Vitamin C 50%, Calcium 2%, Iron 4%.

Potato Sauté
Preparation time: 30 minutes
Number of servings: 4
Cups of fruits or vegetables per serving: 1



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| 4 c. water | 1 tomato, chopped |
| 2 potatoes, scrubbed and chopped | $\frac{1}{2}$ tsp. dried oregano |
| 2 tsp. vegetable oil | salt and black pepper, to taste |
| 1 green bell pepper, chopped | $\frac{1}{4}$ c. Monterey Jack cheese, shredded |
| 1 (15.25 oz.) can corn, drained | |

1. In a large pan, bring water to a boil over high heat. Add potatoes. Cook about 5 minutes.
2. Drain potatoes in a colander and pat dry with paper towels. Set aside.
3. In the same pan, add vegetable oil. Heat over high heat until hot.
4. Add potatoes and bell pepper. Cook for 2 minutes. Stir in corn, tomato, and oregano.
5. Cook until vegetables are tender.
6. Season with salt and black pepper, if desired.
7. Sprinkle each serving with 1 tablespoon cheese.

Nutrition Information per Serving: Calories 110, Total Fat 1 g (1% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 290 mg (12% DV), Total Carbohydrate 23 g (8% DV), Dietary Fiber 3 g (12% DV), Sugars 4 g, Protein 5 g, Vitamin A 15%, Vitamin C 40%, Calcium 2%, Iron 6%.