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NUTRITION AND YOU...BELL PEPPERS

FOOD FOR THOUGHT

Bell peppers are available in green, red, orange, and yellow varieties. Did you know that a red bell pepper is simply a mature green bell pepper? In general, red, orange, and yellow bell peppers tend to be sweeter than green bell peppers. Bell peppers are a great way to add flavor, color, and nutrients to any dish!

SHOP SMART

Bell peppers are available year-round in Ohio. They are least expensive during the summer months, when they are in season. When shopping, look for peppers that are firm and glossy. Their skins should be tight and unwrinkled, and their stems fresh and green. Avoid soft or sunken areas, cracks, or black spots.

EAT HEALTHY

Bell Peppers are:

- An excellent source of Vitamin C
- A good source of vitamin A (red bell peppers)
- Cholesterol free
- Low in fat and calories

Note: 1 cup chopped, raw or cooked bell pepper provides 1 cup of your daily vegetable requirement.



KEEP IT SAFE

These food safety tips will help protect you and your family:

- Wash hands for 20 seconds with warm water and soap before and after preparing food
- Wash peppers under cool, running water before eating or cutting them
- To store fresh bell peppers, place in plastic bag and refrigerate up to one week
- Do not wash bell peppers until you are ready to use them
- Store dried peppers in an airtight container for up to four months

Your Local Story here:

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THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

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HUMAN ECOLOGY

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RECIPE

Stuffed Bell Peppers

Ingredients:

4 large green, red, or yellow bell peppers
1 pound ground turkey
1 cup cooked rice
½ cup peeled and chopped onion
1½ cups tomato sauce, no added salt
Black pepper to taste

Instructions:

1. Cut around stem of green bell peppers. Remove seeds and white pulpy part.
2. Wash, and then cook green bell peppers in boiling water for 5 minutes. Drain well.
3. In saucepan, brown turkey. Add rice, onion, ½ cup tomato sauce, and black pepper.
4. Stuff each bell pepper with the mixture and place in casserole dish.

Nutrition Facts – Stuffed Bell Peppers

Cost: Per Recipe: \$ 5.79 Per Serving: \$ 1.45

Serving Size: ¼ of recipe (436 grams)

Calories: 410

Calories from Fat: 90

Per Serving	% Daily Value*
Total Fat – 10 g	15%
Saturated Fat – 3 g	15%
Dietary Fiber – 5 g	20%
Sodium – 125 mg	5%
Sugars – 5 g	
Protein – 26 g	

*Percent daily value Based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

5. Pour the remaining tomato sauce over the peppers.
6. Cover and bake for 30 minutes at 350 degrees.

FOCUS ON FITNESS

Get active! Clean the house or wash the car.



REMEMBER:

Peppers come in many different sizes, shapes, and colors. Be sure to eat a variety of peppers to get the most nutritional benefits.

REFERENCES

- United States Department of Agriculture, choosemyplate.gov/
- Centers for Disease Control and Prevention, fruitsandveggiesmatter.gov
- The Wellness Encyclopedia of Food and Nutrition, The University of California at Berkeley, 1992
- United States Department of Agriculture, SNAP-Ed Connection, recipefinder.nal.usda.gov/

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