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:
18 pt Arial Bold Headline
Text in 11 pt Arial Regular
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.
5. Pour the remaining tomato sauce over the peppers.
6. Cover and bake for 30 minutes at 350 degrees.

### Nutrition Facts – Stuffed Bell Peppers

<table>
<thead>
<tr>
<th>Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat – 10 g</td>
<td>15%</td>
</tr>
<tr>
<td>Saturated Fat – 3 g</td>
<td>15%</td>
</tr>
<tr>
<td>Dietary Fiber – 5 g</td>
<td>20%</td>
</tr>
<tr>
<td>Sodium – 125 mg</td>
<td>5%</td>
</tr>
<tr>
<td>Sugars – 5 g</td>
<td></td>
</tr>
<tr>
<td>Protein – 26 g</td>
<td></td>
</tr>
</tbody>
</table>

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

**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, SNAPP-Ed Connection, recipefinder.nal.usda.gov/

---

**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

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.