



Bell Peppers

What are they?

Bell peppers, known for their “sweet” flavor, come in a variety of colors: green, red, yellow, orange, purple, and even chocolate. Red, orange and yellow peppers are simply green peppers that were allowed to ripen to their full color change, and they have a sweeter taste. So when you eat a green pepper, you’re actually eating an “unripe.” They are low in calories and fat but rich in vitamins and minerals. They are particularly high in vitamin C, providing more than 100% of the recommended daily intake per serving. Peppers also contain vitamin A, vitamin B6, dietary fiber, and antioxidants, such as carotenoids and flavonoids, which contribute to their vibrant colors and potential health benefits.

Storage Tips

Keep them dry and refrigerated in a perforated plastic bag for up to 1-2 weeks. Avoid storing them with fruits or vegetables that emit ethylene gas, as this can cause them to spoil faster..

Usage Tips

Peppers can be used raw in salads or as a crunchy snack, and they are excellent for stir-fries, sautés, soups, stuffed dishes, or grilled kebabs, adding flavor and nutrition to various meals. Their different colors can also add an appealing visual touch to your dishes.

A Vegetable E-booklet



RECIPES

How to Use Peppers

- Roasted
- Fajitas
- Soups
- Stir fries
- Salad
- Pasta sauce
- Omelette
- Harissa (red pepper sauce)
- Salsa
- Raw
- Pickled
- Sandwiches
- Pasta dish
- Pepper and onion saute
- Dip
- Hummus
- Burritos or Tacos
- Pizza topping
- Stuffed peppers
- Topping for crackers/cheese

How to Roast Peppers

You'll need peppers, tongs, heatproof bowl, plastic wrap, and outdoor grill or baking sheet

Method 1: On the Stovetop Roast (best for 1 to 2 peppers)

Turn a burner to the highest setting and set your pepper directly on the flame. Use a pair of tongs to turn the pepper occasionally until the skin is completely blackened, about 8 min.

Method 2: Roast Peppers on the Grill (best for 4 to 6 peppers)

Heat a gas grill to high or prepare a charcoal grill. Place the peppers directly over the flame. Turn the peppers every 2 to 3 min. until are completely blackened, about 10 min.

Method 3: Roast Peppers under the Broiler (good for 4 to 8 peppers)

Position an oven rack as close as you can to the broiling element in your oven, and turn the broiler on to high. Place your peppers on a baking sheet and place it directly under the broiler. Use a pair of tongs to turn the peppers occasionally until the skin is completely blackened, about 8 minutes total.

RECIPES

Stuffed Bell Peppers

Ingredients:

- 1 1/2 to 2 cups cooked white rice (starting from about 3/4 to 1 cup raw white rice)
- 4 to 6 bell peppers (red, yellow, or green), use 4 large, or 6 medium sized
- 1 to 1 1/4 lb of ground beef (ground chuck, 16% fat)
- 6 large fresh basil leaves, chopped (or 1 1/2 teaspoons dried basil)
- 1/2 teaspoon dry summer savory or thyme
- 1/2 teaspoon ground marjoram (or 2 teaspoons of fresh chopped)
- 1 teaspoon salt
- Freshly ground black pepper
- 1/4 cup olive oil
- Paprika

Directions:

Cook the rice: If you haven't already made the rice, start cooking the rice following the package instructions .

Steam the bell peppers to soften them: Cut the tops off of the bell peppers. Remove and discard the stem and seeds. Place bell peppers cut side up on a steaming rack over an inch of water in a large covered pot. Bring to boil, let steam for 10 minutes. (If your peppers are frozen, you can skip this step as they will naturally soften from the thawing process).

Mix the filling: Heat oven to 350°F. In a large bowl mix together the ground beef, basil, summer savory, marjoram, salt, several turns of black pepper, and the cooked rice.

Fill the bell peppers: Remove bell peppers from steamer pan. Place cut side up in an oven-proof casserole. Gently stuff the peppers with the ground beef rice mixture. Drizzle olive oil over the stuffed peppers, along the outside of the peppers, and into the pan.

Rub the oil over the outside of the peppers; it will help with browning. Sprinkle the tops generously with paprika.

Bake: Place on the middle rack of the oven and bake at 350°F for 35-50 minutes, or longer, until the meat is cooked through. Serve with ketchup.