



# Bell Peppers

## Health Benefits of Bell Peppers

Bell peppers start out green (immature) but gradually mature into yellow, orange and then red (mature). Ripe peppers (red) are sweeter and less likely to cause burping than green.

### **1 medium bell pepper or 1/2 cup chopped provides:**

- 24 Calories, 1 gm protein, 2 gm fiber, 0 gm fat, no cholesterol

### **Potential benefits of consuming bell peppers:**

- Excellent source of vitamin C (provides >200% DV) & vitamin A in the form of beta-carotene
- Also contain calcium, potassium & vitamin K for heart health, B vitamins & phosphorus for energy, brain function & metabolism
- Carotenoids, flavonoids & phenolic acids work with vitamin C as antioxidants, protecting against inflammation, diseases & aging
- Consume raw with hummus, in salads or on sandwiches. Toss into soups, stews, sauce, rice or burger mixes. Skewer in kabobs or roast with onions & vegetables for a healthy side dish

For more information, visit our website:  
[www.advancedhealth.com/healthy-bytes-initiative](http://www.advancedhealth.com/healthy-bytes-initiative)

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## Bell Pepper Basics

### \$hop and \$ave

- ✿ Choose bell peppers that are firm and heavy for their size with bright coloring and glossy skin. If stems are still attached, they should be firm and green.
- ✿ Fresh peppers are more available and tastier while in-season during the summer and early fall.
- ✿ Avoid peppers that have thin wrinkled skin or brown patches.
- ✿ Buy only what you will use within a week or plan to freeze extras for future use.

*Bell peppers are an excellent source  
of Vitamin C and B6.*



### Types of Bell Peppers



**Bell peppers** are also called **Sweet peppers**. They are not hot in flavor and come in lots of colors!

**Green** – Most common and less sweet than others.

**Red** – Fully ripe green peppers turn red and are sweeter than green.

**Yellow and Orange** – Bright in color with a mildly sweet, fruity flavor.

Some other colors (**Purple, White, or Brown**) may be available from farmers' markets or by growing your own.

### Store Well Waste Less

- Keep bell peppers fresh by washing just before serving.
- Cutting bell peppers:
  - After washing, cut off stems and cut peppers in half – lengthwise or crosswise.
  - Remove seeds and the white membrane from the inside.
  - Cut peppers into rings, strips or dice them into squares.
  - Cut peppers can be stored (covered) for 2 days in the refrigerator.



- Whole peppers can be stored in the refrigerator for up to 5 days; they are easy to freeze for longer storage. No blanching is needed. Place peppers in freezer bags or containers; seal and label with the date. Frozen peppers should be used within 8 months.

**Green bell peppers cost less and store longer than other types.**

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.

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# Cooking with Bell Peppers

## Bell Pepper Nachos

### Ingredients:

4 **bell peppers**

1 cup **salsa**

2 teaspoons **seasoning** (try one or more - chili powder, garlic powder, ground cumin or pepper)

2 cups cooked **meat** (chopped or shredded), **beans** or **tofu**

1 cup reduced-fat **shredded cheese**

### Directions:

1. Preheat oven to 350 degrees.
2. Wash bell peppers, remove seeds and cut into bite-sized pieces. Arrange pieces close together in a single layer on a large foil-lined baking sheet.
3. In a medium bowl, combine salsa, seasonings and meat, beans or tofu. Spoon the mixture evenly over pepper pieces then top with cheese.
4. Bake for 15 minutes, or until peppers are heated through and cheese is melted. Serve warm.
5. Refrigerate leftovers within 2 hours.

### Notes:

For added flavor, top with chopped cilantro, green onions or black olives!

## Roasted Bell Peppers

### Ingredients:

4 **bell peppers**

2 teaspoons **vegetable oil**

½ teaspoon **Italian seasoning**

½ teaspoon **garlic powder**

¼ teaspoon each **salt** and **pepper**

### Directions:

1. Preheat oven to 450 degrees.
2. Wash bell peppers and remove tops and seeds. Cut peppers in half and rub with vegetable oil. Place cut side up on a rimmed baking sheet and sprinkle with Italian seasoning, garlic powder, salt and pepper.
3. Roast until peppers are tender and blistered in spots, about 30 to 35 minutes.
4. Refrigerate leftovers within 2 hours.

Go to  
**FoodHero.org**  
for easy, tasty  
bell pepper  
recipes

## Bell Pepper Salad

### Ingredients:

4 **bell peppers**

½ medium **onion**

2 ½ tablespoons **vinegar**

1 tablespoon **vegetable oil**

⅛ teaspoon each **salt** and **pepper**

### Directions:

1. Wash bell peppers and remove tops and seeds. Cut into ¼-inch wide strips.
2. Peel onion and slice into thin strips.
3. In a large bowl, stir together vinegar, vegetable oil, salt and pepper. Add bell pepper and onion and gently stir to coat. Cover and refrigerate for 30 minutes before serving.
4. Refrigerate leftovers within 2 hours.