

Bell Peppers

Bell peppers can be found in a rainbow of colors and can vary in flavor according to their color. This is because as the pepper ages, the flavor becomes sweeter and more mild.



HOW DO I MAKE A GOOD SELECTION?

Choose bell peppers that are firm, bright in color and have tight skin.

WHAT IS THE PROPER STORAGE?

Store unwashed bell pepper in a plastic bag in the refrigerator for up to one week.

WHY SHOULD I EAT THIS?

Bell peppers are high in Vitamin C, which helps heal cuts and wounds, and are a good source of Vitamin A, which promotes eye health.

HOW COULD I USE THIS?

- Add to sandwiches or wraps
- Try adding bell peppers to a salad
- Add to salsa
- Add peppers to a stir-fry
- Dice and add to a quesadilla or taco
- Add to a pasta sauce
- Add to a stew, soup or chili
- Make fajitas by cooking peppers and onion together
- Grill peppers or grill them on a kabob
- Slice raw peppers and eat them with a dip or hummus



DID YOU KNOW?

A red bell pepper is a mature green bell pepper.

WHAT IS THE SEASONAL AVAILABILITY OF THIS ITEM?

HARVEST



MARKET



JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
					X	X	X	X	X		
					X	X	X	X	X		

Sources: SNAP-Ed Connection and Nebraska Buy Fresh Buy Local



Photo Credit: Marusa Cernjul

RECIPE:

Crunchy Vegetable Wraps

4 Servings

Ingredients:

- 4 T. low-fat cream cheese
- 1/2 tsp. ranch seasoning mix
- 2 whole wheat tortillas
- 1/4 c. broccoli, chopped
- 1/4 c. carrots, grated
- 1/4 c. zucchini, cut into strips
- 1/4 c. yellow summer squash, cut into strips
- 1/2 tomato, diced
- 1/8 c. green bell pepper, seeded and diced
- 2 T. chives, chopped fine

Directions:

1. Wash hands with soap and water.
2. In a small bowl, stir ranch seasoning into cream cheese, chill.
3. Scrub carrots, zucchini, yellow summer squash, and bell pepper with a clean vegetable brush under running water. Gently rub broccoli, tomato, and chives under cold running water.
4. Prepare vegetables (chop, grate, cut, dice, etc.) as directed in the ingredients list above.
5. Spread cream cheese mixture onto flour tortilla, staying one inch from edge.
6. Sprinkle vegetables over cream cheese mixture. Roll tortilla tightly.
7. Repeat steps 5 and 6 for the second tortilla.
8. Chill for 1-2 hours before serving (the wrap will hold its shape better).
9. With a sharp knife slice into circles and serve.
10. Store leftovers in a sealed container in the refrigerator.

Nutrition Info:

Nutrition Facts

4 servings per container	
Serving size	1/2 a wrap
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 260mg	11%
Total Carbohydrate 13g	5%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 33mg	2%
Iron 0mg	0%
Potassium 179mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe Credit: MyPlate Kitchen, Connecticut Food Policy Council