

Bell Peppers

Benefits of bell peppers:



Low in calories



High in Vitamin C and B6



High in Vitamin A

When are they in season?



Harvested fresh in the Midwest mid-July through mid-October.

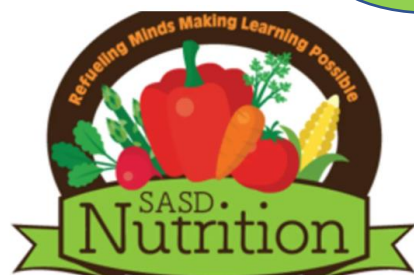
Food Safety for bell peppers

Wash bell peppers with running water. Cut out damaged or bruised areas.

Store bell peppers in the refrigerator.

Separate bell peppers from meat. Use different cutting boards for meats and fruits.

Did you know... Red bell peppers contain about nine times more beta carotene and two times more Vitamin C than green peppers.



Resource:

Fruit and Vegetable Safety. (2021, January 05). Retrieved January 06, 2021, from <https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html>

Julia, A. (2020, September 08). Cream Cheese Stuffed Baby Bell Peppers. Retrieved January 18, 2021, from <https://www.theroastedroot.net/cream-cheese-stuffed-baby-bell-peppers/>

Pictures: Creative Commons

Cream cheese stuffed baby bell peppers

Serves: 6

Ingredients

- 12 baby bell peppers (cut lengthwise and seeded)
- 2 teaspoons olive oil
- 1 (8oz) package cream cheese
- 2 stalks green onion, finely chopped
- 1 clove garlic, minced.
- ½ teaspoon salt
- Ground black pepper.

Directions

- Preheat the oven to 350 degrees.
- Cut the bell peppers lengthwise, remove the seeds and stems. Lightly oil the bell peppers by tossing them in a bowl with olive oil.
- Place the peppers on a baking sheet skin-side down.
- Roast in the oven for 8-10 minutes until the edges begin to show some color. Remove from the oven and allow to cool.
- While the peppers are roasting, prepare your stuffing. Place the cream cheese, garlic, salt, and black pepper in a bowl and mix until creamy. Add the green onion and fold into the cream cheese until combined.
- Heat your oven to 400 degrees. Use a spoon to stuff the peppers and place them back on the baking sheet. Change oven setting to high broil and bake an additional 2 minutes, until the tops of the cream cheese begin to brown.

