

Produce of the Month



Peppers



Nutritional Information

- 1 cup of peppers has **30 calories** and 2 g of **fiber**
- 1 bell pepper has twice as much **Vitamin C** as 1 orange and are a good source of **antioxidants**
- The inner white pulp is high in **flavonoids** which may reduce risk of cancer and heart disease
- Peppers are also a good source of Vitamin B6, Vitamin K, potassium, folate, Vitamin E and Vitamin A

Selecting & Storing

- Choose a pepper that is **firm, glossy**, intact, heavy in hand and has a fresh stem
- Avoid peppers with shriveled skin
- Store peppers refrigerated in a plastic bag for **7 days**
- If using only half the pepper, cut the pepper the short way and keep the top half for later since the **stem will keep it fresher**
- Prep peppers by rinsing and removing the seeds before slicing or stuffing

Cooking Suggestions

- Sautéing** for 3 minutes in broth preserves flavors and nutrients
- Peppers can be eaten raw, roasted, sautéed, grilled, fried, stuffed and baked, or steamed
- Raw **peppers and hummus** are a great snack
- Stuff peppers** with meat, cheese, vegetables and brown rice for a complete meal
- Try **roasted peppers on pizza** for kids

Fun Facts

- Bell peppers come in orange, green, yellow, red and purple – each with their own flavor and nutrition
- Raw peppers are **92% water**
- Peppers are a fruit** because they grow on a flowering plant
- Peppers got their name when Spanish explorers found them searching for peppercorn plants

Manchester's Message for a Healthier You

9

5

2

1

0

9 Hours of Sleep – 5 Servings of Fruits & Vegetables – 2 Hours or less of Screen Time – 1 Hour of Physical Activity – 0 Sugary Beverages

For more information visit: <http://95210.townofmanchester.org/> For more ideas, see: <https://www.healthline.com/nutrition/foods/bell-peppers>