



# Bell Peppers

**Plant:** Start seeds indoors 8-10 weeks before last spring frost date. After the danger of frost has passed, transplant seedlings outdoors, 18 to 24 inches apart.

**Grow:** Water one to two inches per week, but remember peppers are extremely heat sensitive. If necessary, support plants with cages or stakes to prevent bending.

**Harvest:** Harvest peppers at any time after fruit reaches the desirable size. Bell peppers are typically harvested green before they mature fully. The vegetables can be allowed to ripen until they turn a color which produces a sweeter tasting pepper. Harvesting fruit from the pepper plant encourages more peppers to grow.

| Bell Pepper, 1 each  |                           |
|--|---------------------------|
| <b>Nutrition Facts</b>   |                           |
| Serving Size (148g)  |                           |
| Servings Per Container   |                           |
| Amount Per Serving   |                           |
| <b>Calories</b> 25   | Calories from Fat 0       |
| % Daily Value*   |                           |
| <b>Total Fat</b> 0g  | 0%                        |
| Saturated Fat 0g   | 0%                        |
| Trans Fat 0g   |                           |
| <b>Cholesterol</b> 0mg   | 0%                        |
| <b>Sodium</b> 40mg   | 2%                        |
| <b>Total Carbohydrate</b> 6g   | 2%                        |
| Dietary Fiber 2g   | 8%                        |
| Sugars 4g  |                           |
| <b>Protein</b> 1g  |                           |
| Vitamin A 4%   | • Vitamin C 190%          |
| Calcium 2%   | • Iron 4%                 |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |                           |
|  | Calories: 2,000 2,500     |
| Total Fat  | Less than 65g 80g         |
| Saturated Fat  | Less than 20g 25g         |
| Cholesterol  | Less than 300mg 300 mg    |
| Sodium   | Less than 2,400mg 2,400mg |
| Total Carbohydrate   | 300g 375g                 |
| Dietary Fiber  | 25g 30g                   |
| Calories per gram:   |                           |
| Fat 9 • Carbohydrate 4 • Protein 4   |                           |

**Nutritional Information:** Bell peppers are rich in vitamins C and A, and B vitamins as well as many minerals including iron, copper, zinc, potassium, manganese, magnesium, and selenium. They are also a great source of fiber and very low in calories.

**How to Prepare:** Bell peppers can be consumed raw or cooked. To prepare, wash bell peppers in cold running water. Cut the stem end and discard it. Remove central core with seeds. Chop it using paring knife into rings or strips as in onions. Yellow, orange and red peppers have a mild and sweet flavor compared to the green variety, although none of them are 'hot'. Use chopped peppers in salad or served with hummus or other dips. Bell peppers add great flavor to a variety of dishes including Mexican cuisine, Italian sauces, Cajun dishes and Asian stir-fries.



## Grilled Pepper Salad

**Yields:** 4 cups

**Serving size:** 1 cup

### **Ingredients**

4 bell peppers, (mixed colors), halved, seeded and stemmed  
1/4 cup halved and pitted oil-cured black olives  
1/4 cup rinsed and chopped oil-packed sun-dried tomatoes  
1 tablespoon extra-virgin olive oil  
1 tablespoon balsamic vinegar  
1/8 teaspoon salt

### **Preparation**

1. Grill peppers on medium-high, turning once, until soft and charred in spots, about 5 minutes per side.
2. When cool enough to handle, chop the peppers; toss with olives, sun-dried tomatoes, oil, vinegar and salt in a large bowl.
3. Serve in 1 cup portions.

### **Nutrition Facts per Serving:**

107 calories, 7 g fat, 10 g carbohydrates, 2 g fiber, 1 g protein