BELL PEPPERS



Green bell peppers are slightly bitter.



Red, orange & yellow bell peppers are slightly sweet.

In Season

June - October

How to Select



Choose brightly colored peppers that are heavy for their size with firm, shiny & wrinkle-free skin.



Avoid peppers that are soft, pitted, or have dark spots.

How to Store

- Refrigerate peppers in a plastic bag up to 5 days. Avoid washing until ready to eat.
- Freeze clean, chopped peppers in a freezer-safe container up to 4-6 months

Cooked

 Refrigerate in airtight container up to 3-5 days.



How to Prepare

Bell peppers can be added to any recipe & prepared in many ways



Roasted • Sautéed





Slice Fresh • Grilled



Tip

Use all colors of peppers to add different flavors & colors to your dish.





Ingredients:

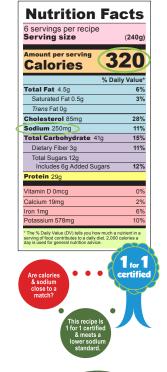
- 2 cups instant brown rice
- Non-stick cooking spray
- 1 1/2 lbs boneless, skinless chicken breasts, diced
- 1 tsp red pepper flakes
- 1 lime, juiced
- 2 Tbsp apple cider vinegar
- 2 Tbsp low-sodium soy sauce
- 2 Tbsp honey
- 1 (8 oz) can pineapple chunks, drained
- 1 red bell pepper, cut into strips
- · 3 small green onions, thinly sliced

Preparation:

- 1. Prepare rice according to package directions. Fluff with fork & set aside.
- Meanwhile, lightly coat a large skillet with cooking spray & heat over medium-high. Add chicken & red pepper flakes. Cook 5-7 minutes or until chicken is cooked through.
- 3. In a small bowl, stir together lime juice, vinegar, soy sauce & honey. Set aside.
- 4. Add pineapple, bell pepper & soy sauce mixture to skillet. Cook 3-5 minutes or until crisp-tender.
- 5. Serve chicken over rice & top with onions.

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30 Min | Serves 6





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