

BELL PEPPERS



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 dull or pitted.

HOW TO STORE

Refrigerate dry peppers in a plastic bag up to 5 days or in a freezer-safe bag up to 4-6 months. Avoid washing until ready to eat.

HELPFUL TIPS

Try using all colors of bell peppers for added flavor, vitamins & minerals. Enjoy bell peppers in many ways: raw, sautéed, baked or grilled.



Oklahoma Nutrition Information & Education Project



onieproject.org/recipes

COUSCOUS PEPPERS

BELL PEPPERS



Nutrition Facts

4 servings per recipe
Serving size 1/4th recipe (227g)

Amount per serving
Calories **200**

% Daily Value*

Total Fat 6g 9%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 10mg 2%

Sodium 120mg 5%

Total Carbohydrate 30g 3%

Dietary Fiber 4g 7%

Total Sugars 8g

Includes 0g Added Sugars 0%

Protein 7g

Vitamin D 0mcg 0%

Calcium 91mg 8%

Iron 1mg 6%

Potassium 422mg 8%

* The % Daily Value (DV) 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.

30 MIN | SERVES 8

INGREDIENTS:

- 1 cup water
- 1/2 cup unsalted beef broth
- 1 cup uncooked couscous
- 4 **BELL PEPPERS** (any color)
- 1 Tbsp olive oil
- 2 tsp red wine vinegar
- 2 oz dried apricots, diced
- 3 oz feta cheese, crumbled
- 1 (14.5 oz) can no-salt-added diced tomatoes, drained
- 3 Tbsp unsalted sunflower seed kernels
- 2 Tbsp chopped fresh parsley
- Pepper to taste

PREPARATION:

1. In a small saucepan bring water & broth to a boil. Add couscous to saucepan. Remove from heat, cover & set aside until all liquid is absorbed.
2. In a large stock pot boil 4-6 cups water.
3. Halve peppers lengthwise; remove core & seeds. Place peppers in boiling water & remove pot from stove. Leave peppers in water 3 minutes. Drain & set aside.
4. Fluff couscous with a fork. Add oil, vinegar, apricots, cheese, tomatoes, sunflower seeds & parsley. Pepper to taste & mix well.
5. Fill peppers with couscous mixture; gently pack down with the back of a spoon. In a shallow, microwave-safe dish place peppers filling side up.
6. Microwave 5 minutes or until peppers are tender. Serve immediately.