

A simple guide to

BELL PEPPERS



Green bell peppers are slightly bitter.



Red, orange & yellow bell peppers are slightly sweet.

In Season

J F M A M J **June - October** N D

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

Raw

- 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.



ALOHA CHICKEN

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.
2. 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.

30 Min | Serves 6

Nutrition Facts

6 servings per recipe
Serving size (240g)

Amount per serving
Calories 320

% Daily Value*

Total Fat 4.5g 6%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 85mg 28%

Sodium 250mg 11%

Total Carbohydrate 41g 15%

Dietary Fiber 3g 11%

Total Sugars 12g

Includes 6g Added Sugars 12%

Protein 29g

Vitamin D 0mcg 0%

Calcium 19mg 2%

Iron 1mg 6%

Potassium 578mg 10%

* 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.

Are calories & sodium close to a match?



This recipe is 1 for 1 certified & meets a lower sodium standard.



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