

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.

FRESCA STREET TACOS

Ingredients:

- 2 Tbsp canola oil
- 1 (12 oz) package frozen shredded hash brown potatoes
- 1 1/2 cups chunky salsa
- 2 cups shredded fiesta blend cheese
- 1 (15 oz) can black-eyed peas, drained & rinsed
- 1 large green bell pepper, diced
- 1 small red onion, diced
- 6 (6-inch) corn tortillas

Preparation:

1. In a large skillet, heat oil over medium-high. Add hash brown potatoes in an even layer & cook 5-7 minutes or until golden brown. Flip over & repeat.
2. Add salsa, cheese, black-eyed peas, bell pepper & onions. Mix well. Cook 3-5 minutes or until all ingredients are hot.
3. Meanwhile, heat a separate skillet. Dip a tortilla in cold water & toast in skillet 1 minute per side or until slightly browned. Repeat for each tortilla.
4. Spread mixture evenly over tortillas & serve!

Tip:

Make sure to drain & rinse canned products to reduce sodium content in meals.

30 Min | Serves 6

Nutrition Facts

6 servings per recipe
Serving size (266g)

Amount per serving
Calories 310

% Daily Value*

Total Fat 14g 18%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 25mg 8%

Sodium 560mg 27%

Total Carbohydrate 36g 13%

Dietary Fiber 7g 25%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 13g

Vitamin D 0mcg 0%

Calcium 224mg 15%

Iron 1mg 6%

Potassium 451mg 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.

