



# 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.



**BELL PEPPERS**

# SUNSHINE HUMMUS PASTA



## Nutrition Facts

Serving size: 1/4<sup>th</sup> recipe (371g)

Servings Per Recipe 4

### Amount Per Serving

**Calories 441**    **Calories from Fat 110**

% Daily Value

**Total Fat** 12g    **20%**

Saturated Fat 2g    **8%**

Trans Fats 0g

**Cholesterol** 0mg    **0%**

**Sodium** 464mg    **20%**

**Total Carbohydrate** 70g    **25%**

Dietary Fiber 11g    **45%**

Sugars 3g

**Protein** 21g

**Vitamin A** 50%    **Vitamin C** 335%

**Calcium** 15%    **Iron** 35%

**20 MIN | SERVES 4**

## INGREDIENTS:

- 8 oz uncooked whole-wheat pasta
- 10 oz broccoli florets
- 2 **BELL PEPPERS**, sliced (any color)
- 16 oz roasted red bell pepper hummus
- 2 Tbsp water

## PREPARATION:

1. Prepare pasta according to package directions. Set aside.
2. In a microwave-safe bowl, mix broccoli, peppers & water. Cover with plastic wrap & microwave 3-5 minutes, or until vegetables are slightly tender.
3. In a large bowl, mix steamed vegetables, pasta & hummus. Serve immediately.