October Bell Peppers

Nutrition Info
One cup chopped bell peppers has 40 calories.

Bell peppers provide vitamins A & C and fiber.

Fun Facts
Red bell peppers are sweeter than green ones because bell peppers sweeten as they ripen. Red bell peppers also have more than twice the vitamin C of a green pepper.

The most popular bell pepper in the United States is the green bell pepper, but bell peppers can also be red, orange, yellow, purple or even chocolate brown!

Uses
Bell peppers can be grilled, baked, sautéed, roasted, and eaten raw.

Bell peppers can also be stuffed, added to kabobs, or mixed into soups or salads.

Family Friendly Activities
Have your child examine a bell pepper. Have them predict what the texture will be, what it will smell like, and what it will taste like. Record their observations. Then cut into the bell pepper. Have your child describe what they see. Where are the seeds? What are they for? Then discuss the nutritional value of the pepper.

Have a taste test with the different colors of bell peppers! Bell peppers can be red, orange, yellow, green and even purple. Prepare each of them and compare the flavors. Which one was sweetest? Which one is your favorite?

Pick:
• Choose peppers that have firm skin and are free of wrinkles and blemishes. The stem should appear fresh and green.
• Color is not an indicator of ripeness.

Store:
• Store unwashed bell peppers in a plastic bag in the refrigerator for up to 1 week.

Prepare:
• Wash peppers just before serving. Using a paring knife gently remove the stem and seeds.
• Peppers can be cut into various shapes and sizes.

The Harvest of the Month is a partnership between La Crosse County Health Department’s Foot Steps to Health initiative, the La Crosse County Farm2School Program, area school districts and the community. Funding for this project was provided by the UW School of Medicine and Public Health from the Wisconsin Partnership Program.
Jambalaya
Serves 8

Ingredients:
1 cup each chopped green onions, celery and green pepper
1 tsp. minced garlic
4 Tbsp. butter
3 cups stewed tomatoes, chopped
½ cup water
1 (6 ounce) can tomato paste
2 tsp. sugar
1 tsp. dried basil
½ tsp. hot pepper sauce
2 cups ham, diced
Hot, cooked rice, optional

Directions:
In a large saucepan, sauté onions, celery, green pepper and garlic in butter until tender. Stir in tomatoes, water, tomato paste, sugar, basil and pepper sauce; bring to a boil. Reduce heat; simmer uncovered, for 30 minutes, stirring occasionally. Add ham; cook and stir for 5 minutes. Serve alone or over rice.

For more information on Farm2School & Foot Steps to Health visit: www.GetActiveLacrosse.org!

Nutrition Facts
Serving Size 3/4 cup (226g)
Servings Per Container 8

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 180</th>
<th>Calories from Fat 80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 9g</td>
<td>14%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat 5g</td>
<td>25%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol 45mg</td>
<td>15%</td>
<td></td>
</tr>
<tr>
<td>Sodium 480mg</td>
<td>20%</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate 13g</td>
<td>4%</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber 2g</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Sugars 7g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein 12g</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 25% **** Vitamin C 80%
Calcium 4% **** Iron 8%

Total Fat Less than 6g 18g
Saturated Fat Less than 2g 18g
Cholesterol Less than 200mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 300g
Dietary Fiber 25g 10g
Calories per gram:
Fat 9 g Carbohydrate 4 g Protein 4 g

Color a Bell Pepper!