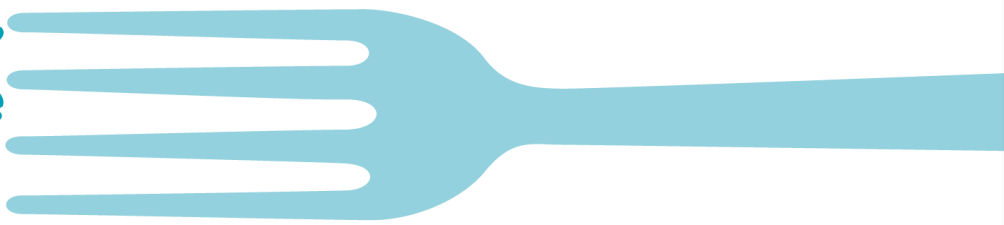


# Harvest of the Month



September



Bell Peppers



## Pick:

- Choose peppers that have firm skin and are free of wrinkles and soft spots. The stem should appear fresh and green.

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

## Nutrition Info

One cup chopped bell peppers has 40 calories.

Bell peppers provide vitamins A & C and fiber.

## Fun Facts

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!

Red bell peppers are sweeter than green ones because bell peppers sweeten as they ripen. Red bell peppers are simply ripened green peppers! The same goes for other colored peppers – they all begin as a green pepper!

## Uses

Bell peppers make a great addition to tacos, scrambled eggs, roasted potatoes, spaghetti and kabobs.

Bell peppers can also be stuffed and baked with rice, ground beef, cheese, tomatoes and beans.

## 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?

## **Easy Taco Pie**

Serves 8

### **Ingredients:**

1 Tbsp. olive oil  
½ onion, diced  
1 bell pepper, diced, any color  
½ jalapeno, minced  
1 pound ground 90% lean beef  
1 14.5-oz can diced tomatoes, drained  
1 15-oz can black beans, rinsed and drained  
1 cup frozen corn  
1 Tbsp. chili powder  
1 ½ tsp. cumin  
1 ½ tsp. oregano  
1 tsp. salt  
2 cups Monterey Jack Cheese, shredded  
16-oz bag frozen roasted sweet potato chunks  
sour cream, for topping (optional)

### **Directions:**

Preheat oven to 400 degrees. Heat olive oil in a large skillet over medium heat. Sauté the onion, bell pepper, and jalapeno until they begin to soften, about 4 to 5 minutes. Turn up the heat to medium-high and add the ground beef to the pan. Cook the meat until brown all the way through. Add the tomatoes, beans, corn, and spices. Cook for another 2 to 3 minutes. Pour the mixture into a rectangular baking dish, top with cheese and then frozen sweet potatoes. Bake for 30 to 35 minutes or until the sweet potatoes are heated all the way through. Serve topped with sour cream if desired.

Per serving (1/8<sup>th</sup> pan): 360 calories, 17 g fat, 24 g protein, 32 g carbohydrate, 7 g fiber, 745 mg sodium

*For more information on Farm2School visit:*

[www.laxf2s.org](http://www.laxf2s.org)

**Color  
Bell  
Peppers!**

