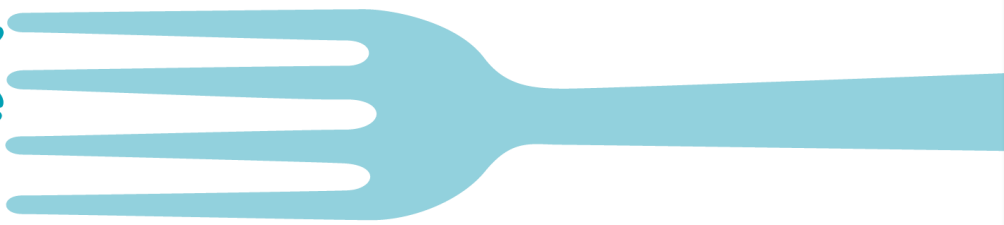


Harvest of the Month



August



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?

Orzo with Peppers & Spinach

Serves 5

Ingredients:

1 cup whole wheat orzo pasta*
1 tablespoon olive oil
1 each medium sweet yellow, orange and red pepper, chopped
1 cup sliced fresh mushrooms
3 garlic cloves, minced
½ teaspoon Italian seasoning
¼ teaspoon salt
¼ teaspoon pepper
2 cups fresh baby spinach
½ cup grated Parmesan cheese

Directions:

Cook orzo according to package directions; drain. Meanwhile, in large skillet, heat oil over medium-high heat; sauté peppers and mushrooms until tender. Add garlic and seasonings; cook and stir 1 minute. Stir in spinach until wilted. Stir in orzo and cheese; heat through.

Tip: Stir in toasted walnuts or cooked chicken for additional protein.

*Can use any other whole wheat pasta of choice.

Per serving (1 cup): 271 calories, 7 g fat, 2 g saturated fat, 8 mg cholesterol, 308 mg sodium, 46 g carbohydrate, 6 g fiber, 12 g protein

For more information on Farm2School visit:

www.laxf2s.org

Color
Bell
Peppers!

