Peppers

**Cooking Tips**

- This versatile vegetable can be eaten raw or cooked in many different dishes.
- Raw peppers can be added to pasta, stir-fry, omelets, fajitas, soup, sandwiches, cut into rings and used as a garnish, or sprinkled on top of a pizza.
- Bell peppers are available year-round, but they’re most abundant -- and least expensive -- from May through November.

**Make It**

**Bell Pepper Nachos**

*Ingredients:*
- 4 bell peppers
- 1 cup salsa
- 2 tsp seasoning
  (try a mixture-chili powder, garlic powder, ground cumin, pepper)
- 2 cups cooked meat
  (chopped or shredded)
- 1/2 cup shredded cheese

*Directions:*
1. Preheat oven to 350°F.
2. Wash bell peppers, remove seeds and cut into bite-size pieces. Arrange pieces close together in a single layer on a large foil-lined baking sheet.
3. In a medium bowl, combine salsa, seasoning and meat. Spoon the mixture evenly over pepper pieces then top with cheese.
4. Bake for 15 minutes, or until peppers are heated through and cheese is melted. Serve warm.
5. Refrigerate leftovers within 2 hours.

**Fun Facts!**

Peppers are an excellent source of vitamin C. Red peppers are also an excellent source of vitamin A.

All red, yellow, and orange peppers start out green. The color and taste change depending on how long they’re allowed to ripen on the vine.

When selecting peppers, look for firm ones that have thick, shiny, smooth skin and green stems. Choose peppers that feel heavy for their size and have a solid color.

Store whole peppers in a sealed plastic bag in the refrigerator for up to one week. Wrap cut peppers in plastic and store in refrigerator for up to three days.

**Helpful Hint**

Use rubber gloves when working with hot peppers. Be careful to never touch or rub your eyes after handling hot peppers and wash your hands throughly.

Recipe developed by FoodHero.org

For more information on Louisiana Harvest of the Month, visit www.SeedstoSuccess.com

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