



Select – Choose peppers that are firm and bright colored.

Store – Refrigerate in a plastic bag and use within 5 days.

Prepare – Sweet and hot peppers are delicious raw, grilled, or sauteed!

Peppers are the Harvest of the Month!

Add peppers to your favorite family meals:

- Slice peppers into strips and eat raw with your favorite dip.
- Roast or saute sliced peppers to add to burritos or fajitas.
- Cook peppers into a tomato sauce and add to pasta.

Make meals and memories together. It's a lesson kids will use for life.

Did you know?

Peppers can be split into two categories, hot and sweet. Hot peppers contain a compound called capsaicin which makes them hot and spicy. The most common type of sweet peppers are bell peppers. Red, orange, and yellow bell peppers are very ripe green bell peppers.



Nutritious, Delicious, Wisconsin!
#WIHarvestOfTheMonth

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Recipe of the month

Bell Pepper Nachos

Serves 8

Ingredients:

- 4 bell peppers
- 1 cup salsa
- 2 teaspoons seasoning (try a mixture-chili powder, garlic powder, ground cumin, pepper)
- 2 cups cooked chicken, shredded, or chopped (or beans or tofu -- or try a combination)
- 3/4 cup cheddar cheese, shredded

Directions:

Wash hands with soap and water. Preheat oven to 350 °F. Wash bell peppers, remove seeds and cut into bite-sized pieces. Arrange pieces close together in a single layer on a large foil-lined baking sheet. In a medium bowl, combine salsa, seasonings and meat, beans or tofu. Spoon the mixture evenly over pepper pieces. Top with cheese. Bake for 15 minutes, or until peppers are heated through and cheese is melted. Serve warm.

Per serving: 120 calories, 5g fat, 14g protein, 5g carbohydrate, 2g fiber, 640mg sodium

Source: laxf2s.org



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