BELL PEPPERS

TRY THIS

- Add fresh bell peppers to wraps, sandwiches, and salads for added color and crunch.

- Just slice and eat. Bell peppers are great for snacking and go well with dips and spreads.

- Sautéed green peppers and onions are a popular topping combination that adds flavor and nutrients to eggs, pizzas, fajitas, quesadillas, burgers, hot dogs, and submarine sandwiches.

BUYING AND STORING

- Select bell peppers with firm, shiny, wrinkle-free skin, free from blemishes.

- Store in refrigerator crisper drawer away from fruit. Whole green peppers will last up to two weeks, all other colors, about five days.

- Wash all fresh fruits and vegetables before using.

MICHIGAN FITNESS FOUNDATION

MICHIGAN HARVEST — TO TABLE™ — MICHIGAN FITNESS FOUNDATION

SKILLET RAINBOW PEPPERS

Time: 20 minutes | Makes: 4 servings | Serving Size: About ½ cup

Nutrition Information Per Serving: Calories 60, Carbohydrate 9g, Dietary Fiber 2g, Protein 1g, Total Fat 3g, Saturated Fat 0g, Cholesterol 0mg, Sodium 152mg

Always wash hands before preparing food. Wash all fresh fruits and vegetables before using.

INGREDIENTS

2 teaspoons olive oil

3 bell peppers (use three colors; red, orange, yellow, and/or green

1 medium onion

2 cloves garlic, minced, or ½ teaspoon garlic powder

½ teaspoon oregano

¼ teaspoon kosher salt

¼ teaspoon black pepper

INSTRUCTIONS

1. Remove stems from peppers, cut in half lengthwise, remove seeds, thinly slice lengthwise.
2. Trim ends of onion, peel skin, cut in half lengthwise, thinly slice each half.
3. Heat oil over medium to medium-high heat in large skillet.
4. Add onions and peppers, sauté until tender, a little longer if preferred, about 7–10 minutes.
5. Add garlic, oregano, salt, and pepper, mix to combine, sauté about 1 minute more. Serve.

CHANGE IT UP

- Add sliced zucchini and/or summer squash during the last 5 minutes of cooking.
- Try with thyme and a squeeze of fresh lemon instead of oregano.
- Add ½ teaspoon of cumin and a dash of red pepper flakes and use in Mexican cuisine like fajitas and quesadillas.

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