



Peppers are April's Featured Foods of the Month

Different Types:

Aji Rojo	Anaheim	Poblano	Banana Pepper
Basque Fryer	Bell Pepper	Cayenne	Cascabel
Cherry Pepper	Chipotle	Fresno	Guernica
Habanero	Holland	Jalapeno	Peperoncino
Poblano	Rocotillo	Rocoto	Sante Fe Grande
Scotch Bonnet	Serrano	Tabasco	(and many more...)

Buying: Look for thick, firm peppers with shiny, wrinkle-free and bright, glossy skins.

Storing: Refrigerate peppers in plastic bag and use within 5 days

Nutritional Information:

Peppers are low in Saturated Fat, very low in cholesterol, and Sodium. They are also a good source of Thiamin, Niacin, Folate, Magnesium, and Copper. They are a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Vitamin B6, Potassium and Manganese.

Tips & Trivia:

- They are high in fiber, and kids today need more fiber
- Peppers add fresh flavor and splashes of color to raw & cooked dishes.
- They are great sources of Vitamins A and C.
 - 1 cup of bell peppers have 300% of the RDA for vitamin C
 - 1 cup of bell peppers have 100% of the RDA for Vitamin A

Recipes:

Mini Pizza Recipe

Prep Time: 5-7 minutes

Cook Time: 8-15 minutes

Ready In: about 15-20 minutes

Servings: 1 +

Ingredients:

Small whole wheat pita bread squares or rounds

(Substitute: pita bread for whole wheat mini bagel or tortilla)

Pizza sauce

Peppers

Shredded cheese

Any other vegetables (mushrooms, spinach, etc.)

Directions:

- 1) Spread sauce on pita bread or bagel/tortilla.
- 2) Wash & add peppers (& other veggies)
- 3) Top with shredded cheese
- 4) Bake at 450 degrees for 8-15 minutes.

Shamrock Toasties

Prep Time: 5 minutes
 Cook Time: 5-10 minutes
 Ready In: 15 minutes
 Servings: 10

Ingredients:

English muffins (sliced in half)
 1 large green pepper
 Shredded cheese

Directions:

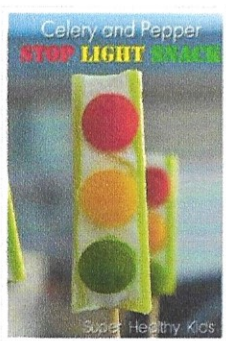
- 1) Slice the bell pepper sideways into thin shamrock looking shapes.
- 2) Add cheese to top of English muffin.
- 3) Top with green pepper shape.
- 4) Toast in oven for 5-10 at 400 degrees.

Celery & Pepper Stop Light Snack

Prep Time: 15 minutes
 Cook Time: 0 minutes
 Ready In: 15 minutes
 Servings: 20 (plus or minus)

Ingredients:

Celery stalks
 Peppers (red, green, and yellow)
 Cream cheese



Directions:

- 1) Wash & cut celery stalks into 3 inch pieces
- 2) Add cream cheese
- 3) Wash & cut peppers into small circle shapes and add on top (red circle on top, then yellow, then green on bottom)

The Hummus Octopus

Prep Time: 5-10 minutes
 Cook Time: 0 minutes
 Ready In: 15 minutes
 Servings: 20

Ingredients:

1 large green, red and yellow pepper
 Hummus
 Pretzel sticks, cherry tomato, cucumber and blueberries
 Zucchini & Carrots (optional)

Note: you can substitute black olives for eyes and tentacles



Directions:

- 1) Fill bell pepper half with hummus. Set on a plate.
- 2) Add pretzel sticks and tomato halves for the tentacles.
- 3) Slice 2 coin shapes from the cucumber and place on the hummus for eyes. Slice the remaining cucumber in half lengthwise and then slice into half-moons. Carve the flesh from one of the half-moons to create a smiling mouth.
- 4) Add blueberries for pupils.
- 5) Arrange remaining diced vegetables into a curving caterpillar body.

Rise-and-shine rings: Slice a green or red pepper horizontally to make rings about a half-inch thick. Place rings in a nonstick pan. Crack an egg or pour a well-beaten egg into the middle of the ring. Fry 2 minutes on each side on medium heat, flipping carefully, or until desired doneness.

Loaded pepper skins: Slice a bell pepper into strips about 2 inches wide. Top with chili, cheese, and sliced olives and broil 8 to 10 minutes or until cheese is melted. Top with salsa and sour cream.

Fast frittata: Fill nonstick muffin cups sprayed with cooking spray with 1 teaspoon minced bell pepper, 1 teaspoon shredded hash browns and ½ teaspoon shredded cheese. Fill to ¾ with well-beaten eggs. Bake at 400 degrees F for 15 to 20 minutes or until a toothpick inserted in the center comes out clean.

Southwestern stuffers: Halve 2 bell peppers lengthwise and remove the seeds. Combine 1 can diced tomatoes with mild chilies, 1 can drained and rinsed black beans, minced cilantro to taste, and 1 cup cooked rice. Fill the bell pepper halves with the mixture and bake for 20 minutes at 375 degrees F. Five minutes before removing from the oven, sprinkle shredded cheese on top.

Peter Piper's pepper pesto: Combine 1 drained jar of roasted red bell peppers, ½ cup walnuts, ¼ cup shredded Parmesan cheese, ¼ cup olive oil, and salt and pepper to taste in a food processor. Pulse until a paste forms - Serve over pasta, or refrigerate to use as a dip.

Pepper poppers: Make a slit in a mini bell pepper (available at most grocers), but don't cut all the way through. Remove the seeds and insert half of a cheese stick. Wrap with 1/2 slice of bacon and bake at 400 degrees F for 15 to 20 minutes.

Souper supper: Combine 1 sliced onion, 2 sliced garlic cloves, 4 diced tomatoes, and 4 diced red bell peppers with 2 cans vegetable broth. Simmer 20 minutes. Cool slightly and puree in a blender until smooth. Return to the pot and stir in ¼ cup heavy cream and salt and pepper to taste.

