



Kitchen Tips for Bell Peppers

MO Grown Produce

In Season in Missouri:	July and August
Quality:	Choose firm peppers with good color and smooth skin. Red, orange and yellow peppers taste sweeter than the green ones.
Storage:	Store in refrigerator up to 5 days. Bell peppers can be frozen whole or chopped for longer storage.
Food Safety:	Wash thoroughly under cold, running water.
Yield:	For 50, ¼ cup servings of raw pepper strips, you need 3.5 pounds of whole bell peppers.
Preparation Tips:	Clean well and remove seeds and stem.
Kid-Friendly Serving Ideas:	<ul style="list-style-type: none">• Cut into slices and serve raw with ranch dressing or hummus.• Add chopped peppers to scrambled eggs or mix in salads.• Cut peppers into slices, top with chili or cheese and bake.• Roasting peppers brings out their smoky sweetness.
Nutrition:	Bell peppers come in a variety of colors and are a good source of vitamins A and C, fiber, potassium and folate.

Fun Fact # 1:

Christopher Columbus gave “peppers” their name upon bringing them back to Europe from the West Indies.

Fun Fact #2:

Red bell peppers are simply ripened green peppers.

