



# BELL PEPPER



They all start out green and change color as they mature according to their variety; red, orange, yellow and green are the most common.

## NUTRITIONAL INFORMATION

- Peppers are high in vitamin A & C. These vitamins are important in immune function.
- Peppers are high in fiber which aids in digestion.
- Peppers are 92% water, so when you eat peppers you're also hydrating!
- Peppers are a nutrient rich alternative to other snack foods.

## HOW TO STORE

- Keep in the refrigerator for 3-5 days, in a plastic, paper or cloth bag.
- Do not wash peppers until you are ready to use them
- Once peppers become very soft and their skin is wrinkled with spots, they are not good to eat and there is very little nutritional value left in them.

## HOW TO PREPARE

- Wash and cut around the stem and remove it.
- Cut the pepper in half and pull out the membrane inside that holds the seeds.
- Shake or scoop out the seeds and rinse the pepper in cold water.
- Cut peppers into strips, rings or dice them.

## FUN FACTS

- One bell pepper contains more vitamin C than an orange.
- Bell peppers are a year round fruit so you can always enjoy this healthy food.



Scan this code to view on the web.