CHINESE VEGETABLE STIR-FRY

Heat 4 teaspoons of oil in a skillet over medium high heat. Add 1 cup each of broccoli florets, sliced carrots, cauliflower florets and sliced celery and cook for two minutes. Add 1 cup of red bell pepper chunks and 1 cup of pea pods and cook for two minutes. Add Sweet ‘N’ Sour Sauce (recipe included), bring to a boil and cook for one minute, covered. Serve vegetables while hot.

SWEET ‘N’ SOUR SAUCE

3/4 cup pineapple juice
1 tablespoon sugar
1 tablespoon lemon juice
1 1/2 teaspoons cornstarch
1 teaspoon soy sauce

Mix all ingredients together.

PETER PIPER’S PEPPERS

Peppers are loaded with nutrition but low in calories — only 35 per large bell. Green peppers have nearly twice as much vitamin C as oranges, and red and yellow peppers have nearly three times as much.

Peppers are an excellent source of potassium and a good source of folic acid and vitamin B-6.

Bell Peppers

How to select — Choose firm, brightly colored peppers with tight skin that are heavy for their size.

How to store — Refrigerate bell peppers in a plastic bag for use within five days.

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Green, red and yellow peppers are great served raw, either plain or with your favorite dip. Toss slices in salads or sandwiches or roast them whole on the barbecue grill.