



University of Nevada
Cooperative Extension

SWEET BELL PEPPERS



For more information contact:
Mary Wilson, MS, RD
702-257-5507,
www.unce.unr.edu

Fact Sheet #11-28

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.

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.



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.

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.