



MyPlate suggests
making half your plate
fruits and vegetables.

<http://www.choosemyplate.gov/>

Bell Peppers

Did you know?

Bell Peppers are available all year round!

One serving of bell peppers contains nearly two times your
daily requirement for Vitamin C!

Bell peppers also contain health-promoting substances
called phytochemicals that work to keep our bodies
healthy.

Fun Fact!

The most popular bell pepper in the United States is the green bell pepper.

FIGHTBAC!

Clean: Wash hands
and Surfaces Often

Separate: Don't
Cross-Contaminate

Cook: Cook to Proper
Temperatures

Chill: Refrigerate
Promptly

<http://www.fightbac.org/>

What am I looking for?

- Look for medium to dark colored peppers with a glossy sheen.
- Peppers should have firm walls and be relatively heavy in weight.
- Wash peppers well before use.
- Avoid peppers with very thin walls, punctured walls and peppers with soft watery spots on the side.

Roasted Red Pepper Hummus

2 cloves garlic, minced
 1 - 15 ounce can garbanzo beans, drained
 1/3 cup tahini
 1/3 cup lemon juice
 1/2 cup roasted red peppers
 1/4 teaspoon dried basil
 salt and pepper to taste

Using a food processor, combine garlic, garbanzo beans, tahini, and lemon juice until smooth. Add red pepper and basil. Mix until all ingredients are combined. Add salt and pepper to taste. Serve immediately or cover and refrigerate.

Preparation Time: 15 minutes

Cook Time: 0 minutes

Serves: 8 portions

Nutrition Facts:

Calories: 132

Total Fat: 6 g

Cholesterol: 0 mg

Sodium: 312 mg

Total Carbohydrate: 17 g

Protein: 5 g

<http://healthyliving.tamu.edu>

Find these fruits and vegetables in the word search below:

Swiss Chard
 Grape Tomato

Sugar Snap Pea
 New Potato

Bell Pepper
 Summer Squash

A	C	E	D	S	R	T	D	N	P	L	E	Y
R	I	P	B	E	L	L	P	E	P	P	E	R
N	W	Z	C	O	D	M	M	E	T	L	O	C
S	X	W	B	T	S	W	O	L	E	R	V	M
U	U	A	D	Z	B	U	N	I	M	K	L	O
M	I	G	R	A	P	E	T	O	M	A	T	O
M	G	R	A	T	Y	F	B	J	Q	O	E	L
E	R	C	H	R	V	Z	M	U	E	T	R	S
R	E	P	C	L	S	F	R	E	B	A	A	D
S	T	W	S	I	O	N	L	E	V	T	H	I
Q	P	U	S	N	V	G	A	R	T	O	T	X
A	L	R	I	F	B	E	B	P	Z	P	A	V
S	W	O	W	X	V	R	T	H	I	W	A	W
H	I	C	S	D	T	R	S	L	H	E	A	Q
F	U	Y	S	Z	V	B	T	H	F	N	A	Z