



MyPlate suggests
making half your plate
fruits and vegetables.

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

Jalapeño Peppers

Did you know?

Jalapeño peppers are available all year long!

Jalapeño peppers are a good source of Vitamin A!

Jalapeño peppers are hot in flavor due to their high levels of capsaicin flavonoid.

Fun Fact!

Jalapeño peppers are native to the Americas!

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 thin walls or peppers with soft water spots.

Creamy Jalapeño Ranch Dip

1 cup buttermilk
1 (4 ounce) can chopped green chilies
1/2 cup reduced-fat mayonnaise
1/3 cup seeded and chopped jalapeño
1/3 cup chopped fresh cilantro
1 tablespoon minced garlic
1 (1 ounce) package ranch dressing mix

Blend buttermilk, green chilies, mayonnaise, jalapeño pepper, cilantro, garlic, ranch dressing mix, and lime juice in a food processor or blender until mostly smooth.

Preparation time: 15 minutes
Serves: 10

Nutrition Facts:
Calories: 60
Total Fat: 4.5 g
Cholesterol: 5 mg
Sodium: 170 mg
Total Carbohydrate: 4 g
Protein: 1 g

<http://allrecipes.com>

Can you help the summer squash find the bell peppers?

