

# HARVEST OF THE MONTH: PEPPERS



## NUTRITION FUN FACTS:

- Peppers are an excellent source of vitamin C.
- Red peppers are a good source of vitamin B6, which helps your body build healthy blood cells.
- Red and orange peppers contain lots of beta-carotene, which help keep the eyes, skin, and whole body healthy.

## Fun snack ideas!

### HOW TO EAT PEPPERS:

1. Try different colors of peppers! Green, red, yellow, orange, and even purple all have a unique flavor!
2. Slice raw sweet peppers and serve with hummus or low-fat dip for a snack.
3. Add chopped peppers to soups, salads, stir fries, pizza, or pasta sauce!

## Pick the yummiest!

### THINGS TO LOOK FOR:

1. Look for firm peppers that have thick, shiny, smooth skin and green stems.
2. Choose sweet peppers with a solid color.
3. Store whole peppers in a sealed plastic bag in the refrigerator. Wrap cut peppers in plastic and store for up to three days.

## BEST TIME TO EAT:

JUNE - AUGUST



UNC Center for Health Promotion and Disease Prevention

# RECIPE: SIMPLE STUFFED PEPPERS

## DIRECTIONS

1. Preheat the oven to 400 degrees F.
2. Cook brown rice according to package directions.
3. Wash the peppers under running water.
4. Cut the tops off the peppers and spoon out the seeds.
5. Drain and rinse the black beans.
6. Combine the beans, rice, salsa, and salt, if using.
7. Spoon about 3 tablespoons of the mixture into the bottom of each pepper.
8. Place a slice of tomato on top of the mixture and sprinkle with 2 tablespoons of cheese.
9. Repeat steps 7 and 8 to fill the peppers completely, but do not top with cheese.
10. Bake peppers for 30 minutes, top each with 2 tablespoons of cheese and continue baking for 15 minutes more.

## INGREDIENTS

Makes 4 servings:

- 1 cup brown rice, uncooked
- 1 can black beans, unsalted (15 ounces)
- 4 bell peppers, any color
- 1 cup reduced fat cheddar cheese, shredded
- 1 cup salsa
- 1 tomato, sliced
- Salt, to taste

[HTTPS://WWW.CHOOSEMYPLATE.GOV/RECIPES/SUPPLEMENTAL-NUTRITION-ASSISTANCE-PROGRAM-SNAP/SIMPLE-STUFFED-PEPPERS](https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/simple-stuffed-peppers)

## ACTIVITY: PUZZLING PEPPER PUN

Did you know that the Scoville Scale measures the spiciness or “heat” of peppers? Bell peppers have a 0 on the scale, while the Trinidad Moruga Scorpion pepper has over 1 million! Solve the puzzle below for the answer to a fun pun about peppers.

How to solve:  
Unscramble each of the clue words. Take the letters that appear in the circle boxes and unscramble them for the final message below.

### “Why did the pepper put on a jacket?”

B L L E			○	○	
S E T W E					○
L I D M		○			
S I Y C P	○		○	○	
R D E		○			
H I L C I		○	○		○
G E R O N A			○		
G E R N E					
F O L C O U L R			○		
E W L O L Y					○

□ □   □ □ □   **A**   □ □ **T T** □ □   □ □ □ □ □ **!**

Answer: It was a little chilli!