

Peppers

Taste!
York Fresh Food Farms

Grown by us. Prepared by YOU.

Peppers are high in vitamin C and folic acid. They help fight against heart disease and certain cancers.

- **LOW CALORIE**
- **LOW FAT**
- **HIGH FIBER**

CHOOSE: Look for peppers that are smooth and brightly colored. They should feel heavy for how big they are.

STORE: Peppers should be stored in the refrigerator.

PREPARE: Always wash peppers before you use them.

EAT: Add chopped or sliced peppers to salads or use as a crunchy snack with dips, pico de gallo, or salsa.

Slice the peppers and mix them with salt, pepper, garlic, sliced onions, and a small amount of olive oil. Cook them in a pan over medium-high heat.

Put peppers on a stick or in a grilling basket. Grill them until they are soft for about 7-10 minutes.

Turn your oven on to 400°F. Mix sliced peppers with olive oil, salt, pepper, and garlic, spread the peppers on a baking sheet and bake for 10 minutes. Flip the peppers over halfway through.

0.2g

FAT

24

CALORIES

1g

PROTEIN

3g

FIBER

6g

CARBS

*Per 1 medium pepper

Teeny-Weeny Tazpachos

INGREDIENTS:

- 1 pint large cherry tomatoes
- 1 small cucumber
- Half a red bell pepper
- 1 green onion
- Salt & pepper
- 1 Tablespoon olive oil
- 1 teaspoon cider vinegar or lime juice

INSTRUCTIONS:

- 1 Slice the bottom off each cherry tomato, thinly. Slice the tops off, save. Hollow out the tomatoes, without breaking through the bottom. A small serrated knife or grapefruit spoon works well. Cut the flesh from the tomatoes into tiny pieces.
- 2 Peel the cucumber. Slice it in half longwise; remove all the seeds. Cut the walls of the pepper away from the seedy core. Chop the cucumber, pepper, and green onion into tiny pieces.
- 3 Toss the cut veggies with salt, pepper, oil and vinegar (or lime juice). Pack the cut veggie mixture into the prepared cherry tomatoes.

