

# Bell Peppers



## How do I make a good selection?

Choose bell peppers that are firm, bright in color and have tight skin.

## What is Proper Storage?

Store unwashed bell pepper in a plastic bag in the refrigerator for up to one week.

## Why Should I Eat This?

Because they are delicious! Bell peppers are high in Vitamin C and is a good source of Vitamin A. Both Vitamins A and C are powerful antioxidants. Vitamin C helps to help heal cuts and wounds, and Vitamin A promotes eye health.

## How Could I Use This?

- Add to sandwiches or wraps
- Try adding to salads
- Add to salsa
- Add to stir fry
- Dice and add to tacos or quesadillas
- Add to pasta sauce
- Add to a stew, soup, or chili
- Make fajitas by cooking peppers & onions together
- Grill peppers or grill them on a kebab

## RECIPE: Roasted Pepper and Arugula Salad (from Anchor Run CSA)

### INGREDIENTS

- 2 large bell peppers
- 3 Tbsp. oil
- 1 tsp. sugar
- 1 tsp. Dijon mustard
- 1 clove garlic, chopped
- 1 bunch arugula (or salad greens), rinsed and drained
- Chopped fresh parsley and/or basil (optional)
- Grated parmesan cheese (optional)

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### INSTRUCTIONS

- Preheat grill or broiler. Grill or broil peppers until they blacken. Transfer peppers to a paper bag, close tightly, and let the peppers cool.
- Combine oil, sugar, Dijon mustard, and garlic in a small jar and shake well to combine or place in a bowl and whisk.
- Break arugula or greens into small pieces and place in a large bowl.
- When peppers have cooled, peel off the skins, remove the seeds and cores, and coarsely chop. Toss over the greens.
- Whisk or shake dressing well and drizzle over the salad and toss. Sprinkle with fresh herbs and/or cheese (if using)

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