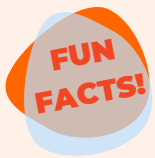


HARVEST OF THE MONTH

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SWEET BELL PEPPERS



Did you know sweet bell peppers are culinary and nutritionally considered a vegetable? But botanically, they are actually the fruit of the plant. The color of a bell pepper depends on its maturity. As the flesh turns from green to red, it becomes sweeter as well! More unique varieties come in colors like brown, white, lavender, and dark purple.

NOTABLE NUTRITION

1 CUP of sliced red bell peppers is a good dietary source for:

Beta-carotene, Vitamin A's precursor. Besides vision, Vitamin A is also important for a healthy immune system!

Vitamin C, a water-soluble antioxidant. To limit loss in the cooking process, serve sweet bell peppers raw, or use a dry-heat method, like stir-fry.

Potassium. Red bell peppers provide more potassium per calorie in a serving than bananas! Replenish electrolytes lost on the playground with fruit and vegetable snacks high in potassium.

PICK, STORE, PREPARE

Choose fresh bell peppers that have a vibrant skin, firm flesh and are heavy compared to their size.

Store whole, uncut bell peppers in the refrigerator for 1-2 weeks.

Because of their mild flavor and texture, sweet bell peppers can be enjoyed both raw and cooked. Adding them to soups, stews, or sauces is a great way to increase your vegetable intake!

Make a meal fun! Instead of serving chili in a bowl, try stuffed cooked bell peppers instead.





LET'S EAT!

Have your child taste different colored sweet bell peppers and vote on which is the “sweetest.”

Try a “Skip the Chips and Try the Dip!” taste test at home. Pair raw sweet bell peppers with a protein-packed dip, like hummus.

Offer both raw and cooked sweet bell peppers at the dinner table and ask your child which they prefer more!

MYPLATE RECIPE

Hummus

Makes: 8 servings Preparation Time: 20 minutes

Ingredients:

- 2 cups cooked garbanzo beans (chickpeas)
- 2 cloves garlic, minced
- 1/4 cup lemon juice
- 1 tablespoon sesame tahini (sesame paste)
- 2 tablespoons olive oil

Directions:

1. Mash the garbanzo beans until smooth.*
2. Add the garlic, lemon juice, tahini and oil. Mix well.

*If you have a blender, add all ingredients at one time and blend on high until smooth, about one minute.



USDA DAILY VEGETABLE RECOMMENDATIONS

CHILDREN

2-4 YRS 1 - 2 CUPS

5-8 YRS 1.5 - 2.5 CUPS

GIRLS

9-13 YRS 1.5 - 3 CUPS

14-18 YRS 2.5 - 3 CUPS

BOYS

9-13 YRS 2 - 3.5 CUPS

14-18 YRS 2.5 - 4 CUPS