

# FRUIT/VEGETABLE OF THE MONTH!

## AUGUST'S FEATURED FRUIT IS THE BELL PEPPER

### BELL PEPPER FACTS:

Bell peppers are fruits that belong to the nightshade family. They have a sweet flavor and are also sometimes called sweet peppers.

They are related to chili peppers and tomatoes, which are native to Central and South America.

Bell peppers come in various colors, such as red, yellow, orange, and green. Green peppers are the least sweet of all the colors of bell peppers.

Bell peppers can be eaten either raw or cooked. They are sometimes dried and powdered, turning into the spice, paprika.

They are low in calories and rich in vitamins and antioxidants, making them an excellent addition to a healthy diet.

### Ways to enjoy bell peppers:

- grilled or roasted
- in a wrap or sandwich
- dice and toss on a pizza, in scrambled eggs or in an omelet.
- slice and enjoy with or without your favorite dip
- stuffed



### RECIPE: CLASSIC STUFFED PEPPERS

Prep Time: 15 min

Total Time: 40 mins      Servings: 4

#### Ingredients

- 4 large bell peppers or 5 small
- 15 ounce can of tomato sauce
- 1/2 pound ground beef or ground turkey, OR extra firm tofu drained and diced
- 1/3 cup chopped onion
- 1 cup cooked brown or white rice
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 1/8 teaspoon garlic powder

#### Instructions

1. Cut the tops off the peppers and remove the seeds.
2. Place the peppers in a large saucepan and cover with water.
3. Bring to a simmer and cook 3 minutes, just until the peppers are slightly soft.
4. Drain, rinse with cold water, and set aside on paper towels to drain.
5. In a skillet, cook the ground beef/turkey or tofu and onion until browned and no pink remains. Drain grease.
6. Add salt, pepper, cooked rice, garlic powder, and half of the tomato sauce.
7. Stir and spoon onto the peppers.
8. Top with the other half of the tomato sauce.
9. Bake in an ungreased dish at 350 degrees for 25-30 minutes. Serve warm.

### HEALTH BENEFITS OF EATING BELL PEPPERS:

- An excellent source of vitamin A, vitamin C, and potassium, bell peppers provide a healthy dose of fiber, folate and iron
- **Eye health** - Regularly adding bell peppers to your diet may help lower your risk of visual problems, such as cataracts and macular degeneration
- Bell peppers are a source of **iron** and rich in **vitamin C**. Iron and vitamin C together with iron-rich foods — such as meat or spinach — may help increase your body's iron stores, cutting your risk of anemia

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