A simple guide to

BELL PEPPERS

Green bell peppers are slightly bitter.

Red, orange & yellow bell peppers are slightly sweet.

In Season

June - October

How to Select

Choose brightly colored peppers that are heavy for their size with firm, shiny & wrinkle-free skin.

Avoid peppers that are soft, pitted, or have dark spots.

How to Store

Raw

- Refrigerate peppers in a plastic bag up to 5 days. Avoid washing until ready to eat.
- Freeze clean, chopped peppers in a freezer-safe container up to 4-6 months.

Cooked

- Refrigerate in airtight container up to 3-5 days.

How to Prepare

Bell peppers can be added to any recipe & be prepared in many ways.

Roasted • Sautéed

Slice Fresh • Grilled

Tip

Use all colors of peppers for different flavors & to add color to your dish.
ALOHA CHICKEN

Ingredients:
- 2 cups instant brown rice
- Non-stick cooking spray
- 1 1/2 lbs boneless, skinless chicken breasts, diced
- 1 tsp red pepper flakes
- 1 lime, juiced
- 2 Tbsp apple cider vinegar
- 2 Tbsp low-sodium soy sauce
- 2 Tbsp honey
- 1 (8 oz) can pineapple chunks, drained
- 1 red bell pepper, cut into strips
- 3 small green onions, thinly sliced

Preparation:
1. Prepare rice according to package directions. Fluff with fork & set aside.
2. Meanwhile, lightly coat a large skillet with cooking spray & heat over medium-high. Add chicken & red pepper flakes. Cook 5-7 minutes or until chicken is cooked through.
3. In a small bowl, stir together lime juice, vinegar, soy sauce & honey. Set aside.
4. Add pineapple, bell pepper & soy sauce mixture to skillet. Cook 3-5 minutes or until crisp-tender.
5. Serve chicken over rice & top with onions.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving size (240g)</th>
<th>Amount per serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 320</td>
<td>Total Fat 4.5g</td>
<td>6%</td>
</tr>
<tr>
<td></td>
<td>Saturated Fat 0.5g</td>
<td>3%</td>
</tr>
<tr>
<td></td>
<td>Trans Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td></td>
<td>Cholesterol 85mg</td>
<td>5%</td>
</tr>
<tr>
<td></td>
<td>Sodium 250mg</td>
<td>11%</td>
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<tr>
<td></td>
<td>Total Carbohydrate 41g</td>
<td>15%</td>
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<tr>
<td></td>
<td>Dietary Fiber 3g</td>
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<tr>
<td></td>
<td>Total Sugars 12g</td>
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<tr>
<td></td>
<td>Added Sugars 5g</td>
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<tr>
<td>Protein 29g</td>
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* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Are calories & sodium close to a match?

This recipe is 1 for 1 certified & meets a lower sodium standard.

Tip
Bell peppers are an excellent source of Vitamin C!

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