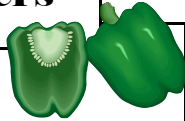


## Stuffed Peppers



- 1 bell pepper
- 1/4 cup chopped onion
- 1 teaspoon butter or margarine
- 1 clove garlic, chopped *or*  
1/2 teaspoon garlic powder
- 1 cup **cooked** rice
- 3/4 cup tomato sauce
- 1 tablespoon shredded cheese

Cut pepper in half length-wise and remove seeds. Place cut-side down in a microwavable dish and cover. Cook for 4 minutes. Carefully remove pepper from dish and set aside. In same dish, add onion, butter and garlic. Cover and microwave for 3-4 minutes or until tender. In a bowl combine rice, tomato sauce and onion mixture. Place pepper back into microwavable dish cut-side up and spoon rice mixture into pepper. Sprinkle with cheese. Cover and cook for 3-4 minutes or until hot.

*Makes 1 stuffed pepper*



**ENERGIZE YOUR LIFE**  
**EAT HEALTHY BE ACTIVE**

The WIC and Senior Farmers Market Nutrition Programs are sponsored by the U.S. Department of Agriculture; the Washington State Department of Health, Community Wellness and Prevention; and the Washington State Aging and Disability Services Administration.

Contact information:

WIC FMNP: 1-800-841-1410

Senior FMNP: 1-800-422-3263

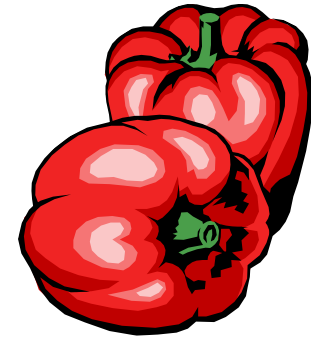
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WIC is an equal opportunity program.

*Fresh-from-the-Farm:*

## Peppers

*Sweet, Bell, Hot, Banana,  
Hungarian, Chili*

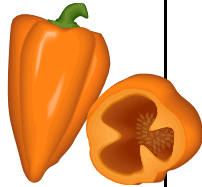


**Washington WIC &  
Senior Farmers  
Market Nutrition  
Program**

*Making it easier to add fresh fruits  
and vegetables to your diet, and  
support local farmers, too!*

## Selection & Preparation

- ◆ Choose firm, smooth peppers that have good color.
- ◆ Avoid peppers with soft spots or wrinkled skin.
- ◆ Store peppers in the refrigerator. Best when used within 7 days.
- ◆ Wash well and remove seeds and stem before using.
- ◆ Red, orange and yellow bell peppers are sweeter in flavor than green peppers.
- ◆ When cutting hot peppers, wear rubber gloves. Keep gloves on while cleaning the cutting board and knife. *Do not touch your eyes while you are cutting hot peppers.*
- ◆ Bell peppers are delicious on salads, dipped in dressing or added to pasta dishes, casseroles and soups.



## Nutrition Facts

Serving Size: 1/2 cup chopped green pepper

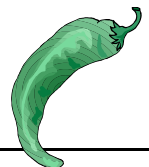
**Amount Per Serving**

**Calories 20**

	% Daily Value
<b>Total Fat 0 g</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<b>Sodium 0 mg</b>	<b>0%</b>
<b>Total Carbohydrate 5 g</b>	<b>2%</b>
Dietary Fiber 1 g	<b>5%</b>
Sugars 2 g	
<b>Protein 1 g</b>	
Vitamin A	<b>10%</b>
Vitamin C	<b>110%</b>
Calcium	<b>0%</b>
Iron	<b>2%</b>
Folate 16 mcg	<b>4%</b>
Potassium 132 mg	

## Key Nutrients

- ❖ **Vitamin C** - is needed for healthy gums, skin and blood. Green bell peppers have twice the vitamin C by weight as citrus fruits. Red bell peppers have three times as much vitamin C as green varieties! Hot peppers are also an excellent source of this nutrient.
- ❖ **Vitamin A** - is important for resistance to infection, healthy skin and good vision.
- ❖ **Potassium** - is needed to maintain normal blood pressure.



## Pepper & Cabbage Salad

- 1/4 cup rice vinegar
- 2 cups red or green cabbage shredded
- 1 bell pepper, thinly sliced
- 1/2 small onion, thinly sliced
- 1 clove garlic, chopped

Combine all ingredients in a bowl and mix well. Marinate for several hours in the refrigerator.

*Makes 3 servings*

*This is an official 5 A Day recipe*

