



SDSU

Extension



Bell Pepper

Lakota: yamnúmnuǵA tǎózi

- Available in a variety of sizes, shapes and colors
- Firm skin, stem fresh and green. Avoid soft spots or wilted peppers.
- Store unwashed in a plastic bag in the refrigerator up to a week.
- Eat raw with a dip or salad; try them grilled.
- Main ingredient in Creole, Cajun, Italian and Mediterranean recipes.
- Wear rubber gloves when cooking with spicy peppers.

**Find more recipes
& videos at
extension.sdstate.edu**

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Stuffed Green Peppers

Ingredients

- 6 medium green peppers
- ½ C chopped onion
- ½ C chopped celery
- ¼ tsp garlic powder
- 2 Tbls olive oil
- 1 16-oz can kidney beans
- 2 C brown rice
- ¼ tsp black pepper
- ½ C grated cheddar cheese

Directions

Cook rice, set aside. Remove pepper top and seeds. In a microwave-safe dish, cover and steam with 2-inches of water on high about 5 minutes. Place peppers on a baking pan. Heat oil add onion and celery. Cook until slightly soft. Add remaining items. Spoon ½ cup filling into each pepper. Sprinkle grated cheese on top. Bake 350°F for 10-15 minutes.

Yields 6 servings.

Nutrition Facts per Serving:

Calories 250; Fat 9g; Cholesterol 10mg; Sodium 330mg; Carbs 35g; Fiber 9g; Sugars 5g; Protein 10g

Sources: <http://extension.illinois.edu/veggies/peppers.cfm>

Peppers and Zucchini

Ingredients

- 4 bell peppers (green, yellow, orange and/or red)
- 4 baby zucchini
- 3 tablespoons olive oil
- 1 teaspoon minced garlic
- black pepper to taste

Directions

Clean the peppers and cut into 1-inch pieces. Quarter zucchini lengthwise and cut into 1-inch pieces. Heat the oil and sauté zucchini for 4-5 minutes, until lightly browned and barely softened. Stir in the garlic, cook 30 seconds, then add the peppers. Season with pepper to taste. Serve hot.

Yields 6 servings.

Nutrition Facts per Serving:

Calories 100; Fat 7g; Cholesterol 0mg; Sodium 10mg; Carbs 7g; Fiber 3g; Sugars 4g; Protein 2g

Sources: <https://extension.umaine.edu/publications/4181e/>