



Bell Peppers

Lakota: yamnúmnuǵA thózi

Pick it!

Variety of colors-red, orange, yellow, purple, green; variety of sizes and shapes

Skin should be firm, stem fresh and green.
Avoid soft spots or wilted peppers.

A red pepper is a mature green pepper with a sweeter, milder flavor.

Refrigerate unwashed peppers in a plastic bag for up to a week.

Green peppers are least expensive.



Try it!

Add cooked peppers to pasta, Chinese or Mexican dishes.

Main ingredient in Louisiana Creole, Cajun, Italian and Mediterranean cooking.

For roasted peppers char under a broiler until skin is black and blistered; cover for 15 minutes to loosen the charred skins; peel over a bowl to catch the juices.



Types of Bell Peppers

Bell Pepper: Flavor becomes sweeter and milder with age. Changes from green to yellow to red.

Jalapeno & Serrano Peppers: Smaller but spicy cousins.



Did you know...

Vitamin C helps to form collagen, a protein to make skin, scar tissue, and blood vessels.
Vitamin C is needed for cartilage, bones, and heal wounds.

Like it!

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://urbanext.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/>

Lakota word translate by Jeshua Estes

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