



SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION

# Bell Pepper

***Lakota: yamnúmnuǵA thózi***



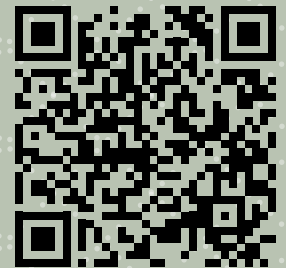
## Pick it!

Peppers should have firm skin with a fresh green. Avoid soft spots or wilted peppers.

## Try it!

Eat raw with a dip or in salads. Add cooked peppers to Chinese or Mexican dishes.

## Like it!



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Lakota word translated by Jeshua Estes.



SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION

In season:



Summer

# Bell Pepper

**Lakota: yamnúmnuǵA thózi**

## Pick it!

Come in a variety of shapes, sizes and colors such as red, orange, yellow, purple and green.

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 1 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 and serrano peppers:** Smaller but spicy cousins.



*Did you know...*

Vitamin C helps form collagen, scar tissue, blood vessels, bones and aids in wound healing.



**Like it!**

## Stuffed Green Peppers

### Ingredients

- 6 medium green peppers
- ½ cup onion, chopped
- ½ cup celery, chopped
- ¼ teaspoon garlic powder
- 2 Tablespoons olive oil
- 1 (16 ounces) can kidney beans
- 2 cups brown rice
- ¼ teaspoon black pepper
- ½ cup cheddar cheese, grated

### Directions

1. Cook rice and set aside.
2. Remove pepper tops and seeds. In a microwave safe dish, cover and steam peppers with 2 inches of water for 5 minutes.
3. Heat oil in a saucepan and add onion and celery. Cook until soft. Add remaining ingredients.
4. Place peppers on a baking pan and spoon ½ cup filling into each pepper. Sprinkle with grated cheese on top.
5. Bake at 350 degrees 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: [urbanext.illinois.edu/veggies/peppers.cfm](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

1. Wash peppers and cut into 1 inch pieces. Quarter the zucchini lengthwise and cut into 1 inch pieces.
2. Heat the oil and saute zucchini and peppers for 4-5 minutes, until lightly browned.
3. Stir in garlic and cook for 30 seconds.
4. Season with pepper to taste and serve hot.

Yields 6 servings

Nutrition Facts per Serving: (½ cup)  
Calories 100; Total Fat 7g, Saturated Fat 1g, Trans Fat 0g;  
Cholesterol 0mg; Sodium 10mg; Total Carbohydrates 7g, Dietary Fiber 3g, Total Sugars 4g, Includes 0g Added Sugars; Protein 2 g

Sources: [extension.umaine.edu/publications/4181e/](http://extension.umaine.edu/publications/4181e/)

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**Find more recipes  
and videos at  
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- Available in a variety of sizes, shapes and colors.
- Firm skin with a fresh green stem. 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.

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## Stuffed Green Peppers

### Ingredients

- 6 medium green peppers
- ½ cup onion, chopped
- ½ cup celery, chopped
- ¼ teaspoon garlic powder
- 2 Tablespoons olive oil
- 1 16-ounce can kidney beans
- 2 cups brown rice
- ¼ teaspoon black pepper
- ½ cup cheddar cheese, grated

### Directions

1. Cook rice and set aside.
2. Remove pepper tops and seeds. In a microwave safe dish, cover and steam peppers with 2 inches of water for 5 minutes.
3. Heat oil in a saucepan and add onion and celery. Cook until soft. Add remaining ingredients.
4. Place peppers on a baking pan and spoon ½ cup filling into each pepper. Sprinkle with grated cheese on top.
5. Bake at 350 degrees 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: [extension.illinois.edu/veggies/peppers.cfm](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 garlic, minced
- black pepper to taste

### Directions

1. Wash peppers and cut into 1 inch pieces. Quarter the zucchini lengthwise and cut into 1 inch pieces.
2. Heat the oil and saute zucchini and peppers for 4-5 minutes, until lightly browned.
3. Stir in garlic and cook for 30 seconds.
4. Season with pepper to taste and serve.

Yields 6 servings

Nutrition Facts per Serving: (½ cup)

Calories 100; Total Fat 7g, Saturated Fat 1g, Trans Fat 0g; Cholesterol 0mg; Sodium 10mg; Total Carbohydrates 7g, Dietary Fiber 3g, Total Sugars 4g, Includes 0g Added Sugars; Protein 2 g

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## Sampling Display Instructions

### Stuffed Green Peppers

Ingredients	24 samples	32 samples	48 samples
Samples: 1 pepper wedge with 2 Tablespoons topping			
Green peppers	3 medium	4 medium	6 medium
Chopped onion	¼ cup	⅓ cup	½ cup
Chopped celery	¼ cup	⅓ cup	½ cup
Garlic powder	⅛ teaspoon	Scant ¼ teaspoon	¼ teaspoon
Vegetable or olive oil	1 Tablespoon	1 ½ Tablespoons	2 Tablespoons
Canned kidney beans	8 ounces	12 ounces	16 ounces
Cooked rice, brown	1 cup	1 ½ cups	2 cups
Black pepper	⅛ teaspoon	Scant ¼ teaspoon	¼ teaspoon
Grated cheese	¼ cup	⅓ cup	½ cup

### Directions:

1. Cook the rice and set aside. Remove top and seeds from green peppers. Cut each pepper into 8 wedges.
2. Steam peppers in a microwave-safe dish. Place them in 2 inches of water and cover with a lid. Microwave on high for 5 minutes.
3. For the filling, cook onion and celery in oil until slightly soft. Add beans, rice, garlic and pepper.
4. Place green pepper wedges in baking pan. Spoon filling on top of peppers and top with grated cheese.
5. Bake at 350 degrees F for 5-10 minutes. Don't overcook.

### Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small plates or cups, plastic forks or spoons
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional) [youtube.com/watch?v=2K-WSbSbB0mw](https://youtube.com/watch?v=2K-WSbSbB0mw)



### Notes:

- Wear hair tied or clipped back. Wear plastic gloves when serving food.
- Place a few samples at a time on small plates. Ask parent's permission before children may sample.
- Prepare Stuffed Green Peppers. Slightly undercook so that it keeps its structure. Place in slow cooker and transport to the store. Keep heated.
- Ask if they use bell peppers often in meals. Ask if they could use this recipe. Point out that peppers are easy to grow at your home in a garden or container.
- Lakota words translated by Jeshua Estes.

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## Sampling Display Instructions

### Peppers and Zucchini

Ingredients	24 samples	32 samples	48 samples
Samples: 2 Tablespoons			
Bell pepper	4	5	8
Baby zucchini	4	5	8
Olive oil	3 Tablespoons	¼ cup	6 Tablespoons
Garlic, minced	1 teaspoon	1 ¼ teaspoons	2 teaspoons
Black pepper	To taste	To taste	To taste

### Directions:

1. Wash peppers and cut into 1 inch pieces. Quarter zucchini lengthwise and cut into 1 inch pieces.
2. Heat the oil and saute zucchini and peppers for 4-5 minutes, until lightly browned and barely softened.
3. Stir in garlic and cook for 30 seconds.
4. Season with pepper to taste and serve hot.

### Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small plates or cups, plastic forks or spoons
- Spoon, fork, spatula for serving
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[youtube.com/playlist?list=PLlIdb7lZYqIWYg\\_nH3tCtQgNv0DcsstO](https://youtube.com/playlist?list=PLlIdb7lZYqIWYg_nH3tCtQgNv0DcsstO)



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