

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

The produce of the week is...

Bell Peppers

You can find POW! info sheets on the EHHD website!

www.ehhd.org

Look for

Produce of the Week



What veggie becomes sweeter and milder as it ages?

BELL PEPPERS!

- ◆ The pepper skin should be firm without any wrinkles, and the stem should be fresh and green.
- ◆ They should feel heavy for their size.
- ◆ Avoid peppers with sunken areas, slashes or black spots.
- ◆ Store unwashed bell peppers in a plastic bag in the refrigerator. They will stay fresh for about a week.

Source: www.fruitsandveggiesmatter.gov

Nutrition Facts:

- Peppers are an excellent source of Vitamin C & A.
- They contain no fat or cholesterol and little sodium.
- A typical serving size of is a 1/2 cup, which contain about 20 calories.

Did you know?

- ◆ Red and yellow bell peppers have almost 4 times more Vitamin C than green bell peppers.
- ◆ Red peppers contain 11 times more beta carotene than green peppers.

Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and eat at least 5 servings of fruits or veggies each day.

Day 1



Day 3



Day 5



Day 6



Day 4



Day 2



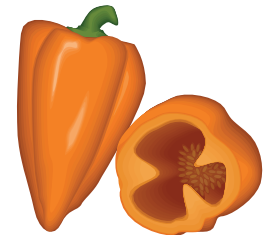
Day 7

Try these delicious, nutritious and healthy recipes!

Vegetarian Stuffed Peppers

INGREDIENTS

- ◆ 4 red or green bell peppers
- ◆ 1 pint or 2 cups cherry tomatoes
- ◆ 1 medium onion
- ◆ 1 cup fresh basil leaves
- ◆ 3 garlic cloves
- ◆ 2 tsp olive oil
- ◆ ¼ tsp Salt
- ◆ ¼ tsp pepper



DIRECTIONS

Preheat oven to 425°F. Lightly oil a large shallow baking pan. Cut peppers in half lengthwise and remove seeds. Arrange peppers cut sides up in baking pan and lightly oil cut edges of stems. Halve cherry tomatoes and chop onion and basil. Finely chop garlic. In a bowl toss tomatoes, onion, basil, garlic, 2 tbsp. oil, salt and pepper to taste. Divide mixture among peppers and roast in upper third of oven until peppers are tender, about 20 minutes.

Pork and Pepper Stir Fry

INGREDIENTS

Marinade:

- ◆ 1/4 cup rice wine vinegar
- ◆ 2 tablespoons minced garlic
- ◆ 1 tablespoon brown sugar
- ◆ 5 tablespoons olive oil
- ◆ salt and pepper to taste
- ◆ 5 tablespoons vegetable oil
- ◆ 3 tablespoons finely chopped fresh ginger
- ◆ 1 tablespoon hot chili paste
- ◆ 5 tablespoons teriyaki sauce
- ◆ 1 green bell pepper, cut into strips
- ◆ 1 red bell pepper, cut into strips
- ◆ 1 yellow bell pepper, cut into strips
- ◆ salt and pepper to taste
- ◆ 1/4 cup blanched slivered almonds
- ◆ 2 tablespoons chopped fresh mint

Stir Fry:

- ◆ 4 boneless pork loin, bite sized pieces

DIRECTIONS

1. In a large bowl, mix together rice wine vinegar, garlic, brown sugar, olive oil, and salt and pepper. Stir in pork pieces, cover, and leave at room temperature for 1/2 hour.
2. Heat a large wok over medium heat. Toast almonds in hot, dry wok until golden brown and fragrant.
3. Heat vegetable oil in wok over medium-high heat. Stir in marinated pork pieces, ginger, and chile paste. (Discard remaining marinade.) Mix in teriyaki sauce, and increase heat to high; cook, stirring constantly, until pork is white. Stir in peppers, and continue to stir fry until most of the liquid has evaporated. Top with toasted almond slivers and fresh mint.

Recipes modified from morematters.org & allrecipes.com

Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!