

Bell Peppers



Market
Basket
of the month

Serving Ideas:

- Enjoy sliced bell peppers for a snack.
- Cook sliced bell peppers and onions in a small amount of oil until tender.
- Whisk diced bell peppers with eggs before cooking scrambled eggs.
- Add diced bell peppers to pasta salads and spaghetti sauce.

How to Store:

- To keep whole bell peppers fresh, keep in the refrigerator in a sealed plastic bag for up to one week.
- Store diced or sliced bell peppers in a sealed freezer bag in the freezer for up to 6 months.

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Baked Pork Chops

Makes 6 servings

Ingredients:

6 pork chops (lean center-cut,
1/2-inch thick)
1 onion (medium, thinly sliced)
1/2 cup green pepper (chopped)
1/2 cup red pepper (chopped)
1/8 teaspoon black pepper
1/4 teaspoon salt

Directions:

1. Preheat oven to 375 degrees.
2. Trim fat from pork chops. Place chops in a 13x9-inch baking pan.
3. Spread onion and peppers on top of chops. Sprinkle with pepper and salt. Refrigerate for 1 hour.
4. Cover pan and cook 30 minutes.
5. Uncover, turn chops and re-cover with onions and peppers, and continue cooking for an additional 15 minutes or until internal temperature reaches 145 degrees.

Source: National Heart, Lung and Blood Institute (NHLBI), Heart Healthy Home Cooking African American Style, p.21

Chicken Pepper Bake

Makes 5 (1 cup) servings

Ingredients:

1 pound boneless chicken breast
2 red or green bell peppers
3 cups small potatoes
2 Tablespoons oil
1 1/2 teaspoons Italian Seasoning
salt and black pepper to taste

Directions:

1. Cut the chicken, peppers and potatoes into bite size chunks.
2. Place the meat, bell peppers and potatoes into a large bowl. Sprinkle with oil, Italian Seasonings, salt and black pepper. Toss to coat evenly.
3. Place the chicken, bell peppers and potatoes on a metal baking pan. Roast in a 425 degree oven for 35 to 45 minutes or until potatoes are soft and chicken is no longer pink inside. Toss a couple times while roasting.
4. Refrigerate leftovers within 2 hours.

Adapted from: FoodHero.org