

PEPPERS

Types

Banana: Long and tapered.

Bell: Oblong or blocky, thick-walled, with 3 or 4 lobes (bumps) on the bottom.

Cheese: Small to medium, with medium to thick walls.

Cherry: Small and globe-shaped.

Pimiento: Cone- or heart-shaped, with thick-walls.

Colors: Green, red, yellow, orange, purple. Other colors are usually sweeter than green peppers.

Selection Info

Peppers should be firm, and the stem should be fresh and green. Avoid peppers with wrinkles, black spots, or cuts.

Preparation

Here are a few tips about preparing sweet peppers.

- Wash peppers in cool running water before use.

- **Fresh:** Cut sweet peppers and add them to a salad, use them to top off a sandwich, or use them in a dip.
- **Grill:** Heat a grill to medium. Brush whole pepper with olive oil and place on a grill rack. Grill for about 20-25 minutes or until skins are charred. Turn peppers occasionally to cook evenly. Remove from grill and wrap in foil and let sit for 15 minutes. When cool, pull skins off with a knife.
- **Roast:** Heat the oven to 425°F. Cut peppers in half, and remove the seeds and stems. Place peppers open side down on a foil-lined baking sheet. Bake for 20 to 25 minutes and remove from oven. Wrap peppers in the foil and let sit for 15 minutes. When cool, pull skins off with a knife.

Storage

Short-Term Storage

Refrigerate dry sweet peppers in a plastic bag in a drawer. Use within 1 week.



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COLORFUL QUESADILLAS

Ingredients

- 8 ounces fat-free cream cheese
- 1/4 teaspoon garlic powder
- 8 flour tortillas (small)
- 1 cup red sweet pepper (chopped)
- 1 cup low-fat shredded cheese (mild cheddar or mexican)
- 2 cups fresh spinach leaves (you can substitute 9 oz. frozen spinach, thawed and squeezed dry)

Directions

1. In a small bowl, mix the cream cheese and garlic powder.
2. Spread about 2 tablespoons of the cheese mixture on each tortilla.
3. Sprinkle about 2 tablespoons sweet pepper and 2 tablespoons cheese on half of each tortilla.
4. Add spinach (1/4 cup per tortilla if using fresh leaves OR 2 tablespoons if using frozen). Fold tortillas in half.
5. Heat a large skillet over medium heat until hot. Put 2 folded tortillas in skillet and heat until golden brown on both sides (about 1-2 minutes per side).
6. Remove quesadillas from skillet, place on platter, and cover with foil to keep warm while cooking the remainder.
7. Cut each quesadilla into 4 wedges. Serve warm.



Learn more about **SWEET PEPPER** by scanning the QR code above or by visiting [https://extension.purdue.edu/foodlink/food.php?food=sweet pepper](https://extension.purdue.edu/foodlink/food.php?food=sweet%20pepper).



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Nutrition Information

Serving Size	4 wedges	
Nutrients	Amount	% Daily Value
Total Calories	160	
Protein	11g	
Carbohydrates	20g	7
Dietary Fiber	2g	8
Total Sugars	2g	
Total Fat	3.5g	5
Saturated Fat	1g	5
Cholesterol	5mg	2
Minerals		
Calcium		20
Sodium	420mg	18
Iron		8
Vitamins		
Vitamin A		35
Vitamin C		45