

SWEET PEPPER

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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RAINBOW BELL PEPPER BOATS WITH GARBANZO BEANS AND KALE

Ingredients

- 2 cups instant brown rice (cooked)
- 4 medium sweet (bell) peppers (red, yellow, and orange)
- 2 cups kale (chopped)
- 1 15-ounce can unsalted garbanzo beans
- 1/2 cup walnuts (chopped)
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

Directions

1. Heat oven to 375°F.
2. Cook rice according to package directions.
3. Slice sweet peppers in half vertically and remove stems and seeds.
4. Drain and rinse garbanzo beans. Place half the beans in a medium bowl and set the remainder aside. Lightly mash the beans in the bowl with a fork.
5. Add the rice, kale, reserved garbanzo beans, nuts, salt, and pepper to the bowl with the mashed beans. Stir gently to combine.
6. Fill each pepper half with the mix. Place peppers in a baking dish and cover.
7. Bake until peppers are tender (about 30 minutes).
8. Remove lid and bake more 5 more minutes.



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 ¼ of recipe

Nutrients	Amount
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Total Calories	330
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Protein	11g
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Carbohydrates	48g
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Dietary Fiber	9g
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Total Fat	11g
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Saturated Fat	1g
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Cholesterol	0mg
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Sodium	170mg
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