

## SWEET PEPPER

### Types

- **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.

**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.

### Storage

#### Short-Term Storage

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



Looking for a source of fresh local fruits and vegetables??? ...  
Look here ... [www.purdue.edu/foodlink/about.php](http://www.purdue.edu/foodlink/about.php)

Funding provided by USDA Speciality Crop Block Grant

Purdue University Cooperative Extension Service is an equal access/equal opportunity institution.

## SWEET PEPPER

### Types

- **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.

**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.

### Storage

#### Short-Term Storage

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



Looking for a source of fresh local fruits and vegetables??? ...  
Look here ... [www.purdue.edu/foodlink/about.php](http://www.purdue.edu/foodlink/about.php)

Funding provided by USDA Speciality Crop Block Grant

Purdue University Cooperative Extension Service is an equal access/equal opportunity institution.

# 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 **SWIET PEPPER** by scanning the QR code above or by visiting <https://extension.purdue.edu/foodlink/food.php?food=sweet-pepper>.



Share your recipes!

### Nutrition Information

Serving Size	1/4 of recipe
<b>Nutrients</b>	<b>Amount</b>
Total Calories	330
Protein	11g
Carbohydrates	48g
Dietary Fiber	9g
Total Fat	11g
Saturated Fat	1g
Cholesterol	0mg
Sodium	170mg

# 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 **SWIET PEPPER** by scanning the QR code above or by visiting <https://extension.purdue.edu/foodlink/food.php?food=sweet-pepper>.



Share your recipes!

### Nutrition Information

Serving Size	1/4 of recipe
<b>Nutrients</b>	<b>Amount</b>
Total Calories	330
Protein	11g
Carbohydrates	48g
Dietary Fiber	9g
Total Fat	11g
Saturated Fat	1g
Cholesterol	0mg
Sodium	170mg