



# Peppers

Produced by:



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CONNECTION

## Fun Facts:

- The mild bell pepper variety was developed in Hungary in the 1920s.
- The compound known as capsaicin is what actually makes peppers hot, and is used in pepper spray.
- Hot peppers are generally hotter the smaller they are and the longer they remain on the plant.

## Nutrition Information:

- Sweet peppers are a rich source of vitamin C, though certain varieties of sweet pepper have more vitamin C than others. Sweet peppers are also a good source of vitamin B6.
- Hot peppers are a rich source of vitamins C and B6 and are also a good source of beta-carotene, though the levels will vary between varieties.

## Preparation:

- Rinse the peppers under cold running water to remove any dirt and let them dry. How the pepper is cut will depend on how it's being cooked, and the core, seeds, and ribs will often need to be removed.
- Be careful when preparing hot peppers of any kind. For greatest safety wear rubber gloves while chopping and handling. DO NOT touch eyes, nose, mouth, or other places. Wash hands thoroughly when finished.

**Raw:** serve sliced sweet peppers with dips or add any variety to soups, stews, nachos, tacos, omelets, quiches, casseroles, or stir-fries.

**Char/Roast:** place whole peppers under the broiler, on the grill, or over an open flame. Char them, turning often until the skin is blackened evenly. Place peppers in a brown paper bag and close the top or in a bowl and cover tightly with plastic wrap. Allow to steam for 10-15 minutes, then remove the skin, stem, core, and seeds once the peppers are cool.

**Stuff:** cut the tops off the peppers or cut them in half from top to bottom, carefully scrape out the seeds and ribs, and stuff the pepper with filling. Grill or broil until the skin blisters and the pepper is tender or bake at 350°F for 20-30 minutes until the filling is hot and the peppers are tender.

**Steam:** cut peppers into pieces, place in a pot with a steamer basket above an inch of boiling water, and steam for 5-8 minutes until tender.

**Sauté:** cut peppers into pieces and sauté in a skillet or sauté pan with some oil over high heat until they begin to soften (about 4-6 minutes).

## Storage:

- Store fresh, unwashed peppers in the refrigerator, wrapped in damp paper towels, for 1-2 weeks.
- For longer-term storage, peppers may be frozen. Wash and dry peppers, remove the core, seeds, and ribs, cut into bite-size pieces, and place them in an airtight container or freezer bag.
- You can hang hot peppers in a cool, dry place for several weeks to dry.