



COOKING WITH

BELL PEPPERS

ABOUT BELL PEPPERS

- Compared to green peppers, red peppers are known to have more vitamins and nutrients and contain the antioxidant lycopene.
- Red bell peppers are sweeter than green ones because bell peppers sweeten as they ripen.
- Whole peppers normally remain fresh for about 1-2 weeks.
- Firm peppers are good peppers.

EXTENDING THE SHELF LIFE OF BELL PEPPERS

- Keep the pepper whole and not sliced for as long as possible in the vegetable bin in the fridge. You can also freeze your peppers. If you do this, you can cut the peppers and place them onto a cookie tray. It is then you can freeze them. When they are mostly frozen, put them in a small container or bag and put them in the freezer until you wish to eat them.

CORN & PEPPER CUPS

SOURCE: whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/corn-and-pepper-cups

INGREDIENTS

- 5 green peppers (cut in half, lengthwise)
- ½ small onion, chopped
- 1 ½ garlic cloves, chopped
- 3 cups cooked rice
- 1 can diced tomatoes with chiles, undrained (10.5 ounces)
- 1 can whole kernel corn, drained (8.5 ounces)
- ½ cup cheddar cheese, shredded

INSTRUCTIONS

1. Remove seeds from peppers. Cook in boiling water 2 to 3 minutes. Drain. Set aside.
2. Cook onion and garlic in oil in medium skillet over medium-high heat for 3 minutes.
3. Combine rice, tomatoes, corn and onion mixture. Mix well.
4. Spoon rice mixture into pepper halves. Place on baking sheets coated with cooking spray.
5. Bake at 350°F for 10 minutes or until hot. Sprinkle with cheese.
6. Bake again at 350°F for 5 minutes until cheese melts.

Nutrition Facts

Amount Per Serving

Calories 114

% Daily Value*

Total Fat 2g 3%

Saturated Fat 1g 5%

Sodium 211mg 9%

Total Carbohydrates 22g 7%

Dietary Fiber 2g 8%

Protein 4g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 0%

*Based on a 2,000 calorie diet



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