



Green Peppers, Fresh

MyPlate Food Group: **Vegetable**

USDA
Foods

Nutrition Information

- 1 cup of raw green peppers count as 1 cup from the ChooseMyPlate.gov Vegetable group.
- It all counts! Fresh, frozen, canned, and even vegetable juice- all types of veggies count toward your MyPlate goal.
- Based on their nutrient content, vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables.
- Most vegetables are naturally low in fat. None have cholesterol. Sauces and seasonings may add fat, calories, and/or cholesterol.
- Green peppers are an important source of many nutrients, including vitamin C. Vitamin C helps to boost the immune system.

Uses and Tips

- Hummus or a low-fat salad dressing make a great dip for sliced green peppers.
- Make a salad using all of the colors in the rainbow, including tomatoes, carrots, corn, green peppers, cauliflower, and purple cabbage.
- Add green peppers to any pasta dish for added texture and flavor.
- Add green peppers to your morning eggs to pack in more vegetables during your day.
- Buy fresh pepper in season when they may be less expensive and at their peak flavor.

Storing Foods at Home

- Do not wash green peppers until ready to eat.
- Green peppers should be stored in the refrigerator in a plastic bag, loosely tied or knotted.

MyPlate Facts

- Vegetables are naturally low in calories. Eat vegetables in place of foods that may be higher in calories to help lower calorie intake. For example, replace chips with crunchy carrots, celery, or cucumbers.
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce the risk of heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Adding vegetables can help increase the intake of fiber and potassium, which are important nutrients that many Americans do not get enough of in their diet.
- Vary your veggie choices to keep meals interesting.



USDA Foods

Delicious Stuffed Pepper Soup

Makes 8-10 servings

Ingredients:

- 2 pounds ground beef or turkey
- 2 green peppers, diced
- 1 onion, diced
- 4 (15.5 ounce each) cans diced tomatoes or 6 cups of fresh tomatoes, diced
- 1 large can tomato juice
- 2 teaspoons black pepper
- 2 teaspoons Italian seasoning or basil/oregano
- 1 ½ teaspoons dry parsley flakes or fresh parsley
- 1 ¼ teaspoons garlic salt
- salt, to taste
- 1 ½ cups cooked rice

Recipe adapted from First Nations Development Institute

Directions: Wash hands with soap and water.

1. Brown meat and add peppers and onions.
2. Add tomatoes, tomato juice, all the seasonings listed, then add the cooked rice.
3. Simmer on low for 3 hours.

Fajita Chicken Bake

Makes 4 servings

Ingredients:

- 1 ½ pounds chicken breast, boneless and skinless
- 2 tablespoons low-sodium taco seasoning
- 1 medium red onion, sliced thinly
- 2 large green bell peppers, seeded and sliced thinly
- 1 tablespoon vegetable oil
- ½ cup low-fat cheddar cheese, or Mexican blend, shredded

Recipe adapted from SNAP4CT, UConn Health

Directions: Wash hands with soap and water.

1. Preheat the oven to 375 degrees F.
2. Lay chicken breasts flat on the bottom of a 13x9 inch pan or casserole dish. Sprinkle taco seasoning over the top of the chicken.
3. Add onions and peppers and drizzle oil over the top.
4. Sprinkle with cheese and place in the oven. Cook for 35-40 minutes or until the juice of the chicken runs clear.
5. Serve over brown rice or fill a tortilla.