



Bell Peppers

“Ring the Bell to Announce that Peppers are Delicious”



Nutrition Tips to Increase Bell Pepper Consumption

- Add chopped peppers to tacos or quesadillas for a Mexican style dinner.
- Finely chopped peppers are a great addition to scrambled eggs and omelets.
- For a delicious summer side dish try grilled vegetable skewers. Alternate a variety of colorful peppers with zucchini, mushrooms and onions.
- Add peppers to a vegetable tray along with broccoli, cauliflower, carrots and tomatoes. Try using hummus or salsa as a dip!
- For a little crunch, add peppers, zucchini and tomatoes to hot or cold pasta dishes.

Nutrition Food Activities for Children

- Encourage your children to pick out peppers at the grocery store or farmers market. Teach them what to look for. How do you pick the perfect pepper?
- Make a vegetable pizza and allow children to decorate the pizza with a variety of vegetables including bell peppers, spinach, artichokes, tomatoes and mushrooms.
- Allow your children to wash the peppers and scoop out the seeds before using them in meal preparation.
- Encourage your children to find recipes featuring peppers. How can you incorporate peppers into breakfast, lunch and dinner meals?

Kid Friendly Sloppy Pepper - Jokra Recipe Serves 4

Ingredients:

2 tsp. olive oil
3/4 cup diced onion
1 cup chopped red or orange bell peppers
1 lb. sliced fresh or frozen okra
1/2 cup BBQ sauce
4 whole wheat buns

Directions:

1. Heat oil in a large skillet over medium heat.
2. Add onion, peppers and okra; cook until tender.
3. Stir in sauce, reduce heat to low heat and simmer for 10 minutes.
4. Spoon onto buns.

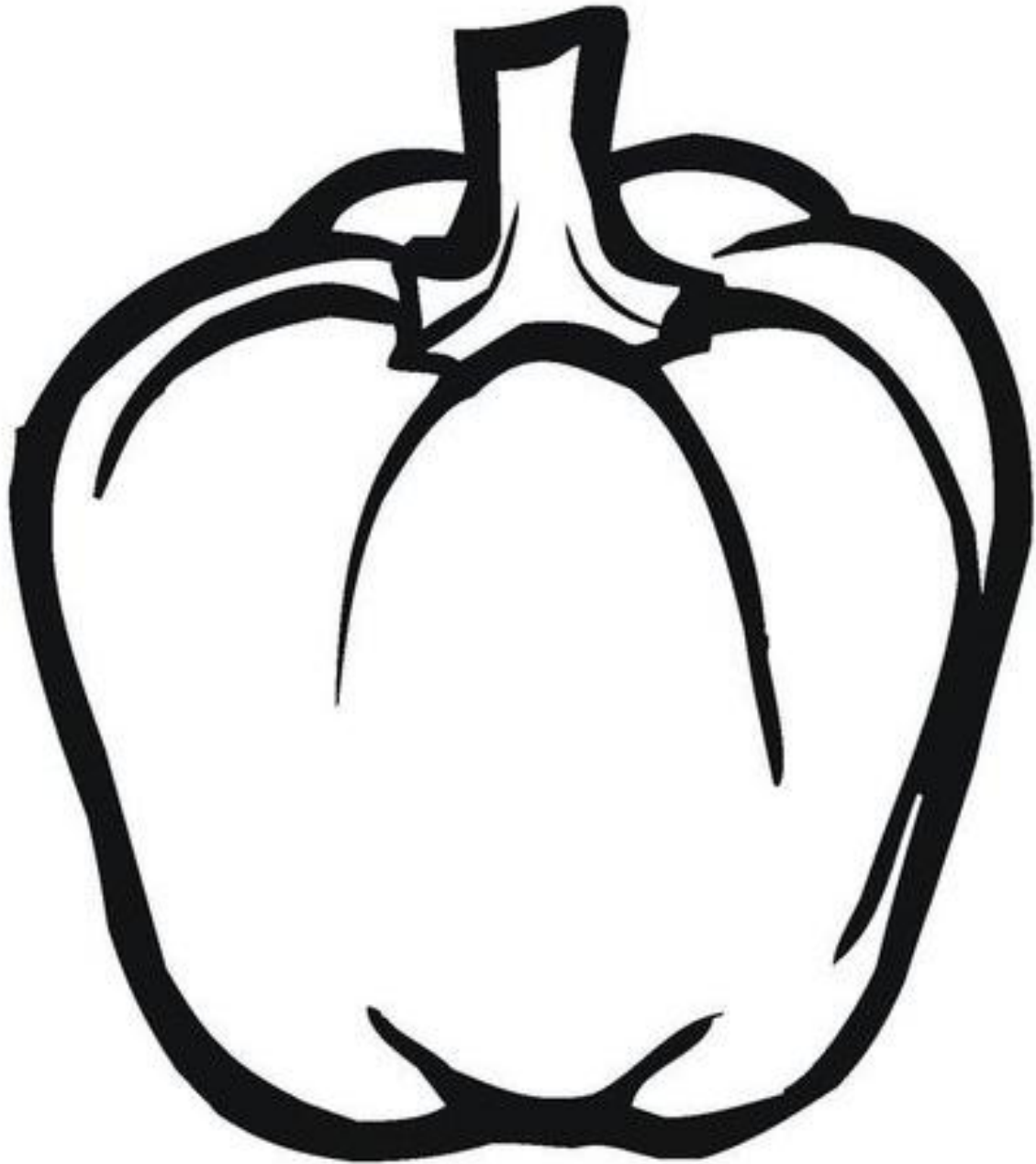


Per serving: 240 calories, 4.5 g fat, 8 g protein, 46 g carbohydrate, 8 g fiber, 480 mg sodium

For previous nutrition material, recipes and future nutrition kiosks visit:

<http://www.getactivewisconsin.org/>
(Click La Crosse County, click Get Healthy Eating)

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TwistyNoodle.com

Eat More Fruits and Vegetables!

Foot Steps
to **Health**