

# Taste Test: Green Pepper



Green peppers are a bell-shaped vegetable with a smooth green exterior and an inside cavity containing inedible seeds attached to a spongy stem. Even though they are called a pepper, they are not spicy. Instead, they have a somewhat bitter taste. Green peppers can be found year-round in stores, but taste best in August and September. They are produced mainly in China, Turkey, Spain, Romania, Nigeria, and Mexico.

## Food Fact

Green peppers are very high in vitamin C and a source of vitamin B<sub>6</sub> and vitamin K.

### How to Choose:

- Choose crisp, bright green peppers with smooth skin.

### How to Prepare:

- Rinse under cold water.
- Cut in half and remove stem, seeds, and pit.
- Leave whole, slice, or cut into different shapes.

### How to Store:

- Cover and refrigerate unwashed for up to one week.

### Note:

Canada's food guide recommendations:

- Include vegetables and fruit in all meals and snacks.
- Aim for half your plate to be vegetables and fruit.

## I Tried It!

My Rating (circle one):



Would you like to try Green Pepper again?

YES     NO

## Ideas for Serving Green Peppers:

- Cut up into small pieces and add to any salad, sandwich, or homemade pizza.
- Slice the green pepper into sticks, and serve with other raw vegetables sticks with your favourite veggie dip.

### Stuffed Mozza Peppers

Makes 4 servings

#### Ingredients:

- 4 small red, green, or yellow bell peppers
- ¼ cup 1% or 2% plain yogurt
- 1 Tbsp basil pesto
- 1 cup cubed mozzarella cheese
- 1 can chunk tuna packed in water, drained
- 1 grated carrot
- 1 celery stalk, finely chopped

#### Directions:

1. Halve peppers lengthwise, remove core, seeds, and set aside.
2. In a small bowl, combine yogurt and pesto. Stir in mozzarella, tuna, carrot, and celery. Spoon mixture into prepared peppers.

Recipe adapted from

<https://dairyfarmersofcanada.ca/en/canadian-goodness/recipes/stuffed-mozza-peppers>



Getting children involved in cooking at home makes them more likely to eat fruit and vegetables, and select healthy foods. For more information please contact APPLE Schools at [info@appleschool.ca](mailto:info@appleschool.ca).

<sup>1</sup>EaTracker.ca. Recipe Analyzer. [http://www.eatracker.ca/recipe\\_analyzer.aspx](http://www.eatracker.ca/recipe_analyzer.aspx). Accessed July 20, 2012.