

SUMMER FRESH! PEPPERS



PEPPERS

Peppers come in a variety of colors, shapes, sizes and flavors. All are a great source of vitamins A and C and other important vitamins and minerals. Peppers, especially **bell peppers** and **small sweet peppers**, are a great raw snack and are very portable – chop some into strips, pop them into a baggie and pack them in your bag! Of course, cooked peppers are delicious as well – this summer, try grilling some with some onions for a great side dish!

Fun facts about peppers!

- Peppers are actually fruits because they are produced from a flowering plant and contain seeds – but most people think of and prepare them as vegetables!
- Red, orange and yellow bell peppers are simply green bell peppers that have been left on the vine to continue to ripen.
- Bell peppers are a good source of vitamins A and C. In fact, a large red pepper provides 300% of your recommended daily requirement of vitamin C (three times more than an orange)! Red bell peppers have more than twice the vitamin C of a green pepper.
- Bell peppers are very low in calories and fats. If you are trying to regulate your weight, you don't need to worry about your bell pepper consumption. In fact, they can help in your goal to lose weight.
- Red bell peppers are sweeter than green ones because bell peppers sweeten as they ripen.

Check out the June Commit to Health Foods of the Month newsletter for more information about peppers and nutritious, yummy recipes!

MARINATED BLACK BEAN SALAD WITH PEPPERS - EASY! (6 servings)

INGREDIENTS:

- 2 (15 oz) cans black beans, drained and rinsed
- 1 ¼ cups (10 oz) frozen yellow corn, thawed
- ¼ cup green peppers, raw, diced
- ¼ cup red peppers,* raw, diced
- 3 Tbsp onions, raw, diced
- 1 Tbsp lemon juice
- 1 tsp dried parsley
- ½ tsp ground cumin (or chili powder or taco seasoning)
- ¼ tsp garlic powder
- ½ cup (5 oz) salsa (mild, medium or hot - your choice!)
- 2 tsp vegetable oil
- Monterey Jack cheese (optional)



INSTRUCTIONS:

1. Combine black beans, corn, green peppers, red peppers and onions in a large bowl.
2. For dressing, in a bowl whisk together the lemon juice, parsley, cumin, garlic powder, salsa and oil.
3. Pour dressing over salad and toss lightly to combine.
4. Refrigerate until serving.
5. Optional: sprinkle with shredded Monterey Jack cheese on top before serving.



*Orange or yellow peppers may be used in this recipe instead of red peppers.

Fun note: Chefs representing SHIP (School Health Initiative Program) demonstrated a version of this recipe at the Williamsburg Farmers Market Chef Tent on Children's Day, October 16, 2010!

Recipe adapted from:
<https://www.epicurious.com/recipes/member/views/marinated-black-bean-salad-50103432>



CANTALOUPE SALSA

INGREDIENTS:

- 4 cups bite-size chunks cantaloupe (cut a bit smaller, if desired)
- 2 (14.5 oz) cans diced petite-cut tomatoes
- ¼ cup red onion, diced
- ½ cup chopped fresh cilantro, or 3 Tbsp dried cilantro
- ½ cup yellow or green bell pepper, diced
- 2 jalapeño peppers, diced (optional)
- 4 Tbsp lemon juice (or 2 Tbsp lemon juice and 2 Tbsp lime juice)
- 1 clove garlic, minced (or 1 tsp prepared, minced garlic)
- 1 Tbsp olive oil, or to taste
- Salt and ground black pepper to taste



INSTRUCTIONS:

1. Soak the chopped red onion in a bowl of cold water/ice water for 10 minutes to help remove some of the "bite."
2. Mix cantaloupe, tomatoes, red onion, cilantro, bell pepper, jalapeño peppers (if using), lemon juice, lime juice (if using) and garlic together in a bowl.
3. Add enough olive oil to moisten the salsa; season with salt and pepper to taste.
4. Refrigerate until chilled and flavors have combined, 1 to 2 hours. Serve with corn chips, or on top of grilled fish or chicken!



Note: Try this recipe using other melons such as honeydew or watermelon (mix gently if using watermelon).

Recipe adapted from:
<https://www.allrecipes.com/recipe/238095/easy-cantaloupe-salsa/>



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