Peppers

**Capsicum annuum**

**Nutrition Facts:**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Proteins (g)</th>
<th>Carbohydrates (g)</th>
<th>Fiber (g)</th>
<th>Fat (g)</th>
<th>Vitamin A (I.U.)</th>
<th>Vitamin B6 (mg)</th>
<th>Vitamin C (mg)</th>
<th>Vitamin E (mg)</th>
<th>Potassium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 medium</td>
<td>32</td>
<td>1</td>
<td>7.6</td>
<td>2.4</td>
<td>0.2</td>
<td>752 - 6783</td>
<td>0.3</td>
<td>106 - 226</td>
<td>0.8</td>
<td>210</td>
</tr>
</tbody>
</table>

Ranges for Vitamins A & C are for green pepper (low) to red pepper (high) levels.

Sweet peppers are available from August through frost.

The Indians of Mexico and Central America have used both sweet and hot peppers as far back as 5000 B.C. Although they are unrelated to the peppercorns from which black pepper is derived, they received their name from Spanish explorers landed in the New World in search of peppercorns.

Sweet bell peppers lack the capsaicin that gives hot peppers their pungency. They may be harvested green or allowed to ripen to yellow or red.

Fresh peppers available in the market include bell, banana, Mexi-Bell, and pimientos. Banana peppers are yellow and are available fresh or pickled. Mexi-Bells are a cross between bell and chili peppers and as a result, have a bit of bite to them. Pimientos are heart-shaped peppers that are harvested fully ripe and are very flavorful.

**What to Look for When Purchasing**

Select peppers that are glossy, firm and well-shaped. Stems should be firm and green and the skin should not be wrinkled. Avoid peppers with sunken brown spots.

**Storage Tips**

Store peppers in the vegetable crisper section of your refrigerator in a plastic bag for up to a week. Green peppers will last longer than red.

You may also dry peppers for future use.

**Cooking Tips**

Wash peppers just before using. If you wish to remove the skin before using the peppers in cooked dishes, blanche the peppers briefly to loosen the skin and then peel off.

Broil or grill peppers with the skin side closest to the heat source and cook for 15 minutes.

**Uses**

- Puree roasted bell peppers and combine with garlic as a pasta sauce.
- Stuff with chili, pasta or rice.
- Add to soups, stews, casseroles, omelets, and quiches.
- Top toasted garlic bread with roasted peppers and olive oil.