

HOT PEPPERS



GLEANERS



Storage and preparation tips: Store on the countertop for up to 5 days or in the fridge for 7+ days. Rinse under running water before preparing, and wear gloves when handling to avoid burning your hands, eyes, etc. The pith (white spongy tissue) and seeds are the spiciest parts, so remove those for less heat!

Varieties: There are many different kinds of hot peppers, ranging from mild to very spicy! Milder peppers include ancho, banana, and poblano. Hotter peppers include jalapenos, habanero, cayenne, serrano, and Scotch bonnet. The hottest pepper in the world is a Carolina Reaper, which is up to 440 times hotter than a jalapeno!



WAYS TO ENJOY HOT PEPPERS:

Raw: Cut pepper in half from tip to stem, and remove stem and seeds (if you want to cut down the spiciness). To mince: cut each half lengthwise into thin strips, then cut strips across to make small squares. Add to salsas, soups, tacos, eggs, and other dishes!

Roast: Place whole peppers on a baking sheet and coat with oil. Roast at 425°F for about 20-25 minutes, or until skins are charred, dark, and bubbly on all sides. Cool and remove skins before chopping and adding to your favorite recipes.

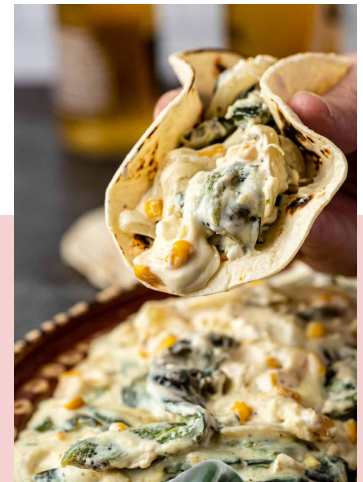
Grill: Place whole peppers on a hot grill, over a gas stove burner, or on a cookie sheet under the broiler. Use tongs to turn and rotate the peppers until all sides are black and charred. Set peppers in a bowl, cover with plastic wrap for 10 minutes, then wipe off skin using a gloved hand. Chop and add to a variety of dishes.

Blend: Remove stems from peppers and place in blender or food processor. Pulse until a paste is formed, then freeze in ice cube trays or freezer bags. Add directly to recipes - no need to thaw!

RAJAS CON CREMA recipe

Ingredients:

- 6 fresh poblano peppers (or other hot peppers)
- 2 tablespoons butter
- 1 medium onion, sliced
- 2 cloves garlic, minced
- 1 cup corn (fresh, frozen, or canned)
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/8 teaspoon cumin
- 4 ounces cream cheese
- 1 cup Mexican crema, sour cream, or plain yogurt
- 1 cup shredded Oaxaca, mozzarella, or Monterey Jack cheese



Instructions:

1. Roast or grill the poblanos using the instructions to the left. Slice into strips.
2. Melt butter in a saucepan or skillet over medium high heat. Add onions and cook until softened. Add garlic, roasted poblano slices, corn, salt, pepper, and cumin. Cook for 2 minutes, stirring often.
3. Reduce heat to medium. Add cream cheese, and crema/sour cream/yogurt. Mix well and cook for 5 minutes, or until mixture starts to bubble.
4. Add shredded cheese, cover, and turn off heat. Allow to sit until cheese is melted.
5. Serve immediately with warm tortillas, tortilla chips, or as a side dish. To serve as a main dish, add shredded chicken or beef.

Visit GleanersNutritionHub.org for more recipe ideas and cooking tips!

Serves 8. Nutrition per 3/4 cup serving: 222 calories, 6 g protein, 18 g total fat, 11 g saturated fat, 9 g carbohydrates, 1 g fiber, 469 mg sodium