

# Bell Peppers



**How do I store them?** Keep peppers in your refrigerator drawer for up to 1 week.

**How do I eat them?** Slice them on a sandwich or salad, roast or grill medium-sized pieces tossed in oil, or stuff cooked peppers with rice, beans, tomatoes, and cheese!

**What's so great about them?** Peppers are a good source of vitamin A for healthy eyes and vitamins B6 and C to keep you from getting sick.



## BELL PEPPER FUN FACTS

- Bell peppers grow from the **flower** of the plant.
- Bell peppers come in many different **colors**: red, orange, yellow, green, purple, and striped!
- **Red bell peppers** are actually mature green peppers. They have the most vitamin C of all pepper colors.
- The spice **paprika** is made from dried bell peppers.

## GONE FISHING **recipe**

*Makes 2 servings*

### Ingredients:

- 1/2 cup plain yogurt
- 1 teaspoon dry Ranch seasoning
- 1 1/2 cups raw veggies cut into sticks (like bell peppers, carrots, cucumbers, celery, or zucchini)
- 1/2 cup Goldfish crackers

### Instructions:

- 1) Stir together yogurt and Ranch seasoning in a small bowl or jar.
- 2) Place the veggies and Goldfish crackers on a plate.
- 3) Use the veggies as fishing poles and the dip as bait to "catch" Goldfish on your plate!

