



A program of Society of St. Andrew

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# \$15

will share **167 pounds** of peppers which is the same as **667 servings** of food to hungry people in need. Normally, this amount of food in the grocery store would cost **\$1.91 per pound** for a total of **\$318.97**.

**THANKS** to you for helping provide a solution to hunger. We appreciate you being a part of Society of St. Andrew's Adopt a Bushel-Feed a Nation Project.

## BELL PEPPERS



Society of St. Andrew  
GLEANNING AMERICA'S FIELDS  
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# HEALTHY TIP: BELL PEPPERS

## What are Bell Peppers?

- Bell peppers are related to chili peppers, tomatoes, and breadfruit, all of which are native to Central and South America. Also called sweet peppers or capsicums, bell peppers are eaten as vegetables, either raw or cooked.
- They are low in calories and exceptionally rich in vitamin C and other antioxidants, making them an excellent addition to a healthy diet.
- Bell peppers come in various colors, such as green (unripe), red, yellow, and orange. Green, unripe fruits have a slightly bitter flavor and are not as sweet as those that are fully ripe.



## Selecting:

- Look for peppers that are firm, deeply colored and glossy. Peppers that have the straightest sides will be the easiest to peel.

## Storing:

- Keep peppers in the refrigerator, tightly wrapped in a plastic bag.

## Preparing:

- Wash the pepper, cut open, and remove all seeds as well as light-colored interior membrane.
- Roast them on the grill, peel away the charred papery outer skin and you've got the makings of a fall feast. Dip into whipped cream cheese and enjoy as an appetizer!
- Or for a main dish, cut off the top of the pepper, scooping out the seeds and membrane. Then fill with a mixture of leftover ground meat or meat alternative, leftover rice, tomato sauce or diced tomatoes, and onions, with salt & pepper to taste. Place stuffed peppers side by side in a baking dish with 2" sides. Bake at 350 degrees for 20-30 minutes.

Sources: <https://www.healthline.com/nutrition/foods/bell-peppers>, <http://www.latimes.com/food/la-fo-bell-peppers-s-story.html>



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We thank our friends at Brighter Bites for providing the above information.