



bell pepper

TASTY TIDBITS



Nutrition Nuggets

- Bell peppers are a low-calorie and low-sodium food.
- They are an excellent source of vitamin C, which supports a strong immune system.
- Red bell peppers contain vitamin A, which supports eye health.



How to Store

- Keep separated from gas releasers such as apples, apricots, and cantaloupe.
- Store bell peppers in the refrigerator for up to 5 days in the vegetable crisper or a container.



How to Prepare

- Wash and dry.
- Remove and discard the stem and seeds.
- Cut into rings, strips, or chunks.
- Leave whole for stuffing.



How to Enjoy

- Sauté or grill and add to omelets, stir-fry, casseroles, burgers, pizzas, or soups.
- Use for dipping or add to salads and salsas.
- Roast in the oven or stuff the peppers.

#DYK

- By weight, bell peppers have twice as much vitamin C as citrus fruits.

**LIVE WELL
ALABAMA**

Alabama Extension

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider. www.LiveWellAlabama.com The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) is an equal opportunity educator, employer, and provider. © 2025 Alabama Cooperative Extension System. All rights reserved. www.aces.edu



bell pepper RECIPES

Roasted Bell Peppers

INGREDIENTS

- 4 bell peppers
- 2 teaspoons oil
- 1/2 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

DIRECTIONS

1. Preheat oven to 450° F.
2. Cut bell peppers in half and rub with oil.
3. Place cut side up on a baking sheet and sprinkle with seasonings.
4. Roast until peppers are tender and blistered in spots, about 30 to 35 minutes.

Sautéed Bell Peppers

INGREDIENTS

- 2 bell peppers, cut into long strips (try a mix of colors)
- 1 medium onion, sliced
- 1 tablespoon oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

DIRECTIONS

1. Heat oil in a large skillet over medium heat.
 2. Add peppers and onion and sprinkle with salt and pepper.
 3. Stir while cooking until the onion is clear and peppers are tender, about 8 to 10 minutes.
- NOTE: Serve as a side dish or add to sandwiches, tacos, wraps, cooked pasta, or rice bowls.

Chicken Pepper Bake

INGREDIENTS

- 1-pound boneless chicken breast
- 2 bell peppers (any color)
- 3 cups potatoes, chopped
- 2 tablespoons oil
- 1 teaspoon Cajun seasoning
- 1/8 teaspoon salt
- 1/4 teaspoon pepper
- Cooking oil spray

DIRECTIONS

1. Preheat oven to 425° F.
2. Lightly grease a baking sheet with cooking oil spray.
3. Cut the chicken, peppers, and potatoes into bite-sized pieces and put into a large bowl.
4. Sprinkle the chicken and vegetables with the rest of the ingredients and stir to coat evenly.
5. Place the chicken and vegetables on the baking sheet and roast for 35 to 45 minutes or until potatoes are soft and the chicken reaches an internal temperature of 165° F.

NOTE: Toss or stir a couple of times while roasting.