

## Stuffed Peppers

- 1 bell pepper
- 1/4 cup chopped onion
- 1 teaspoon butter or margarine
- 1 clove garlic, chopped  
• or 1/2 teaspoon garlic powder
- 1 cup cooked rice
- 3/4 cup tomato sauce
- 1 tablespoon shredded cheese

• Cut pepper in half lengthwise  
• and remove seeds. Place cut-side  
• down in a microwavable dish and  
• cover. Cook for 4 minutes. Care-  
• fully remove pepper from dish  
• and set aside. In same dish, add  
• onion, butter and garlic. Cover  
• and microwave for 3-4 minutes  
• or until tender. In a bowl com-  
• bine rice, tomato sauce and onion  
• mixture. Place pepper back into  
• microwavable dish cut-side up  
• and spoon rice mixture into pep-  
• per. Sprinkle with cheese. Cover  
• and cook for 3-4 minutes or until  
• hot.

• *Makes 1 stuffed pepper*

## Healthy Food Healthy Communities

The Farmers' Market Nutrition Enhancement Program is funded by the State of New Mexico; it is administered by the New Mexico Department of Health and supported by New Mexico Aging & Long-Term Services Department, ECHO Inc, the Salvation Army, and Character Kids. The WIC FMNP and New Mexico Connections Food Stamp Program are funded by the U.S. Department of Agriculture; they are administered by the New Mexico Department of Health and New Mexico Human Service Department, respectively. All programs are supported by the New Mexico Department of Agriculture and the New Mexico Farmers' Marketing Association.

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### Contact information:

- ✿ **WIC and Nutrition Enhancement Program: 1-866-867-3124**
- ✿ **New Mexico Connections: 1-800-283-4465**
- ✿ **New Mexico Farmers' Markets: 1-888-983-4400**

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**NEW MEXICO  
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## Fresh from the Farm: Peppers



*Sweet, Bell, Hot,  
Banana,  
Hungarian,  
Chile*

- ✿ Nutrition Enhancement Program
- ✿ WIC
- ✿ New Mexico Connections

**Making it easier to add  
fresh fruits and vegetables  
to your diet and support  
local farmers, too!**

*Taste the Difference!*

## Selection & Preparation

Choose firm, smooth peppers that have good color.

Avoid peppers with soft spots or wrinkled skin.

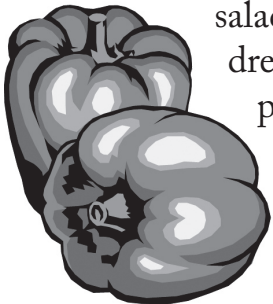
Store peppers in the refrigerator. Best when used within 7 days.

Wash well and remove seeds and stem before using.

Red, orange and yellow bell peppers are sweeter in flavor than green peppers.

When cutting hot peppers, wear rubber gloves. Keep gloves on while cleaning the cutting board and knife. Do not touch your eyes while you are cutting hot peppers.

Bell peppers are delicious on salads, dipped in dressing or added to pasta dishes, casseroles and soups.



Nutrition Facts	
Serving Size: 1/2 cup chopped green pepper	
Amount Per Serving	
Calories 20	
	% Daily Value
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Sodium 0 g	0%
Total Carbohydrate 5 g	2%
Dietary Fiber 1 g	5%
Sugars 2 g	
Protein 1 g	
Vitamin A	10%
Vitamin C	110%
Calcium	0%
Iron	2%
Folate 16 mcg	4%
Potassium 132 mg	

### Key Nutrients

**Vitamin C** - is needed for healthy gums, skin and blood. Green bell peppers have twice the vitamin C by weight as citrus fruits. Red bell peppers have three times as much vitamin C as green varieties! Hot peppers are also an excellent source of this nutrient.

**Vitamin A** - is important for resistance to infection, healthy skin and good vision.

**Potassium** - is needed to maintain normal blood pressure.



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### Pepper & Cabbage Salad

- 1/4 cup rice vinegar
- 2 cups red or green cabbage shredded
- 1 bell pepper, thinly sliced
- 1/2 small onion, thinly sliced
- 1 clove garlic, chopped
- Combine all ingredients in a bowl and mix well. Marinate for several hours in the refrigerator.

*Makes 3 servings*