

# Green Peppers



## Selecting

Peppers are also known as bell peppers, for their shape. The ever popular green variety is the original bell pepper. But today consumers have many more choices of colour: yellow, orange, red, white, purple and black.

Peppers should have a smooth unblemished skin with a deep colour. Avoid any that have wrinkled skin or soft spots, bruises or cuts. Make sure you check the stem end for soft spots. Peppers should feel heavy for their size.

## Storing

Store peppers in a perforated plastic bag in your crisper. Fresh green peppers can last 2 to 3 weeks.

## Preparing

Start by washing the green pepper, then slice in half, and remove the seeds. If you plan to eat it raw, taste it: If you find it too bitter, you can peel off the outer skin with a vegetable peeler to yield a milder taste.

Peppers are also great roasted. Wash the pepper and roast it whole on the grill. Turn every few minutes until the skin is all blackened and blistered. Or roast peppers in the

oven by placing the pepper on a baking sheet and broiling it as close to the element as possible. Turn the whole pepper until the skin is all blackened and blistered. To speed up the roasting process, cut the peppers in half.

Leave roasted peppers to cool in a covered bowl. After about 10 minutes the peppers will be easier to peel.

Roasted peppers will keep for a few days in a covered container in the fridge. They will keep much longer if placed in freezer bags and kept in the freezer.

## Eating

Green peppers are great in stir fries, salads, and frittatas.

## Seasonality

Field green peppers are available from July to October and Greenhouse peppers from March to November.

## Nutrition

Half of a green pepper has 16 calories. It is a very high source of Vitamin C and a source of Vitamins K and B6.



Try this delicious recipe for Frittata Fingers.  
[www.halfyourplate.ca/recipe/frittata-fingers/](http://www.halfyourplate.ca/recipe/frittata-fingers/)

