

## Pepper Cooking Tips:

- For greatest nutrient retention eat bell peppers raw: thinly slice lengthwise for a crunchy snack or for dipping, layer slices into a favorite sandwich, or dice into a variety of salads.
- Add peppers to soups, stews, omelets, quiches, casseroles, and stir-fries.
- Try the famous roasted pepper; Place bell pepper under broiler, above hot coals, or over open flame. Toast it, turning often, until the skin is blackened evenly. Place pepper in a brown bag, close, and allow to steam 10-15 minutes. Skin will peel off easily with the aid of a paring knife.