



## A Rainbow of Colors!

Did you know bell peppers come in yellow, orange, red, green, white, brown and purple? Green peppers are unripe bell peppers. Red, yellow, and orange peppers are ripe peppers, and they taste sweeter than green peppers. No matter the color, bell peppers aren't hot like chili peppers.



### Use Bell Peppers to:

- Dip into hummus or salsa
- Top a pizza
- Add flavor to quesadillas, sandwich wraps, omelets, or pasta
- Add more color to a lettuce salad



## Vegetable of the Month:



# Bell Pepper

### Bell Pepper Snack Cups

A green bell pepper filled with dip and colorful veggies makes a fun, colorful snack for kids!

#### Ingredients:

- Green bell pepper
- Red or yellow bell pepper
- Other veggies for dipping (carrot, jicama, asparagus)
- Ranch dip or hummus

#### Instructions:

- 1 Wash the green pepper. Cut off the top and remove the seeds.
- 2 Place a small amount of ranch dip or hummus into the bottom of the pepper.
- 3 Wash and cut the remaining vegetables into strips longer than the height of the green pepper.
- 4 Place the veggie strips in the green pepper. Repeat and fill as many green peppers as you'd like.
- 5 Start dipping and snacking!

Source: Produce for Better Health Foundation. 2013.



Slice. Dip. How easy is that?

### Save Money: Look for the Best Deal

- Buy the color that is least expensive.
- Buy them when on sale.
- Compare the cost of a package of multi-colored peppers to the cost of buying them individually.
- Check the price of a bag of mini peppers. Sometimes these are cheaper, ounce for ounce, than the full size peppers.

