Bell Peppers

School Breakfast – A Jump Start to the Day!

Eating breakfast helps give your child energy to learn and play. The School Breakfast Program is a federally funded program that assists schools and other agencies in providing nutritious breakfasts to children at reasonable prices.

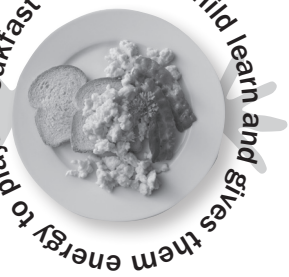
If a child already qualifies for free or reduced price lunches, then they would also qualify for free or reduced price breakfasts at school. To learn more, visit https://educateiowa.gov and search for School Breakfast Program.

Freeze to Reduce Waste!

Wasted food means wasted dollars. Bell peppers should be used within five days of purchasing, but that can be hard to do. To save your raw bell peppers, dice them and store them in a freezer safe resealable plastic bag. Pull them out of the freezer when you're ready to toss them into casseroles or soups or even onto packaged frozen pizzas!

Fuel your fun

Eat fruits and veggies.

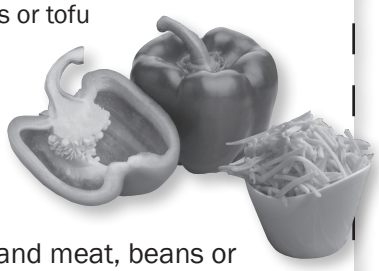


Bell Pepper Nachos

Ingredients

- 4 bell peppers
- 2 teaspoons seasoning (try a mixture of chili powder, garlic powder, ground cumin, pepper)
- 2 cups cooked meat (chopped or shredded), beans or tofu
- 1 cup salsa
- 1 cup reduced fat shredded cheese

Directions



1 Preheat oven to 350 degrees.

2 Wash bell peppers, remove seeds and cut into bite-sized pieces. Arrange pieces close together in a single layer on a large foil-lined baking sheet.

3 In a medium bowl, combine salsa, seasonings and meat, beans or tofu. Spoon the mixture evenly over pepper pieces then top with cheese.

4 Bake for 15 minutes, or until peppers are heated through and cheese is melted. Serve warm.

5 Refrigerate leftovers within 2 hours.

Recipe from www.foodhero.org.

Tip: Top with chopped cilantro, onions or black olives for more flavor.

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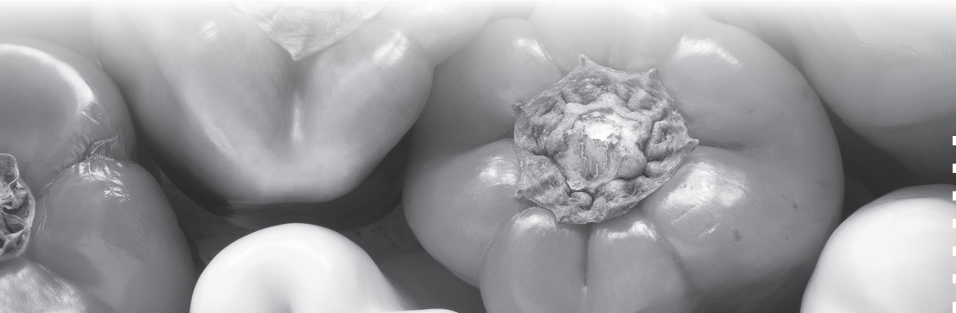

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IDPH Iowa Department of Public Health