

Bell Pepper



What is a bell pepper?

- Bell peppers need plenty of sunlight, occasional watering, and sandy soil to grow.
- Peppers can grow in a variety of colors.
- Peppers can range in flavor from sweet and mild to hot and spicy. Bell peppers are considered sweet peppers.
- They can be red, green, yellow, purple or orange.

Why is it healthy?

- The color of the bell pepper can impact its nutrients.

Overall bell peppers are great sources of **Vitamin A, Vitamin C, B-vitamins and antioxidants**.

- Raw bell peppers are a great snack, especially paired with a dipping sauce like hummus or ranch dressing.
 - Sauté sliced bell peppers with onions to add extra flavor to meals.
 - Mix into pasta salads or top other salads with raw bell peppers to add an extra crunch.
 - Roast in the oven with other vegetables.
- Red peppers: highest in **Vitamin A**
 - Green peppers: highest in **Vitamin C**
 - Yellow and orange peppers: highest in **antioxidants**
 - The color can also indicate different flavors. For example, green peppers are often more bitter and red peppers are usually the sweetest.

