



Bell Peppers

How to Prepare

Bell peppers, sometimes called sweet peppers, are the non-spicy cousin of hot peppers. From the same plant family, bell peppers simply lack, or are very low in capsaicin. Because they don't have the spicy side, their sweet, bright flavour is able to shine. Red peppers tend to be sweeter, while green peppers are a little bitter. Red peppers are simply green peppers that have been allowed more time to mature on the vine.

Bell peppers are a challenging crop to grow in Yellowknife, largely because they require lots of heat, and a long growing season. For those truly dedicated to growing your own peppers, you can start them indoors and transplant them once the risk of frost has passed.

In your own home, you can store bell peppers fresh for a week or so. Store them in a plastic bag in the vegetable crisper of your refrigerator. Green bell peppers will usually last longer than orange or red bell peppers. To preserve them you can roast them and freeze them (see [wikihow.com/roast-red-peppers](http://www.wikihow.com/roast-red-peppers) for instructions).

Try Using Bell Peppers:

- Sautéed with onions and garlic;
- Stuffed with beef and barley;
- In ratatouille, and ragout;
- In soups with tomato;
- In spreads like pindjur or ajvar;
- In curries, and Thai stir-fries;
- On pizzas & flatbread appetizers;
- In fajitas and burritos;
- In pasta sauces, or in primavera;
- Roasted with squash and onion;
- As a burger or sandwich topping;
- In relish, salsa or salad; and
- In eggs, frittata or omelets.

Nutrition Highlights

- Very high in Vitamin A and C;
- Very high in Vitamin B6 and E;
- A very good source of fiber;
- High in thiamin and riboflavin;
- High in folate and niacin.

Nutrition Facts	
Serving Size 1 cup, chopped 149g (149 g)	
Amount Per Serving	
Calories 46	Calories from Fat 4
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	13%
Sugars 6g	
Protein 1g	
Vitamin A 93%	Vitamin C 317%
Calcium 1%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Recipe: Fresh Pepper Salsa

Ingredients

Salad:

- 1 large red bell pepper
- 1 large yellow bell pepper
- ¼ red onion
- 1 large garlic clove
- 2 tbsp chopped green onion

Dressing:

- 1 tablespoon extra virgin olive oil
- 2 tablespoons lemon juice
- 1 teaspoon paprika
- 1 teaspoon chili powder
- ½ teaspoon sea salt

Instructions

1. Finely dice all the fresh vegetables, and mix well in a bowl.
2. In a bowl, whisk together the lemon juice, olive oil and spices.
3. Combine the vegetables and the dressing.

To mellow out the flavours, add in a finely diced cucumber or zucchini.

Serve this salsa with nachos, on rice or noodles, on a salad, or as a side dish with chicken, fish or tofu.

If you love heat, substitute the chili powder for fresh chilies. If you love garlic, replace the olive oil with roasted garlic olive oil, or add a few extra cloves of roasted garlic (Eat Local YK Week 14 Garlic Recipe).