



Jalapeno Peppers, Fresh

MyPlate Food Group: **Vegetable**

USDA
Foods

Nutrition Information

- 1/2 cup of raw jalapeno peppers count as 1/2 cup from the ChooseMyPlate.gov Vegetable group.
- It all counts! Fresh, frozen, canned, and even vegetable juice- all types of veggies count toward your MyPlate goal.
- Based on their nutrient content, vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables. Jalapeno peppers are in the other category.
- Most vegetables are naturally low in fat. None have cholesterol. Sauces and seasonings may add fat, calories, and/or cholesterol.
- Jalapeno peppers are rich in vitamins A and C— both help to boost the immune system, and potassium that helps maintain blood pressure.

Uses and Tips

- Jalapeno peppers are medium-sized chile peppers with a mild to moderate amount of heat, used in salsa, chili, as well as salad dressing.
- Jalapenos get their heat from the capsaicin that is concentrated in the white pithy ribs of the pepper. Reduce the heat by removing the ribs and seeds.
- Fresh jalapenos can be chopped, sliced or diced. Small diced pieces can be added to salsas. Sliced rings can be added to nachos.
- Use caution when working with fresh jalapenos as the oils can get on fingers and sting your eyes and other areas that come in contact with the oils.

Storing Foods at Home

- Do not wash jalapeno peppers until ready to use
- Peppers should be stored in the refrigerator in a plastic bag, loosely tied or knotted.

MyPlate Facts

- Vegetables are naturally low in calories. Eat vegetables in place of foods that may be higher in calories to help lower calorie intake. For example, replace chips with crunchy carrots, celery, or cucumbers.
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce the risk of heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Adding vegetables can help increase the intake of fiber and potassium, which are important nutrients that many Americans do not get enough of in their diet.
- Vary your veggie choices to keep meals interesting.

USDA Foods

Pickled Jalapeno Peppers

Number of servings depends on how they are used.

Ingredients:

- 6-8 medium to large jalapeno peppers
- 1 small yellow onion, sliced into thin rings
- 1 clove garlic, cut in half
- 1 1/2 cups white vinegar
- 1 cup sugar
- 1/2 teaspoon salt
- 1 cup water

Directions: Wash hands with soap and water.

1. Wash peppers and thinly slice them crosswise (remove seeds if you want a milder flavor).
2. Divide the jalapenos and onion slices between 2 jars and add a piece of garlic to each.
3. In a small pot, combine the vinegar, sugar, salt, and 1 cup water over medium-high heat. Bring to a boil. Reduce heat to medium and simmer until the sugar is completely dissolved, 2-3 minutes.
4. Evenly pour the vinegar mixture into jars. Let the jars sit, uncovered, until cool. Pickled jalapenos can be used at this point or stored (with lids) in the refrigerator for up to 2 months.

Use to top nachos and other dishes, in salads, or as is.

Recipe adapted from the Spruce Eats

Peach Salsa

Makes 16 servings

Ingredients:

- 1 cup peaches, canned, fresh or frozen, chopped
- 1 large tomato, chopped
- 1 red or green bell pepper, chopped
- 1/2 cup onion (1/2 medium onion), chopped
- 1/2 cup jalapeno peppers, chopped (remove seeds and pith for milder flavor)
- 1/2 cup chopped cilantro
- 1 tablespoon lime or lemon juice
- 1/4 teaspoon each salt and pepper

Directions: Wash hands with soap and water.

1. Combine peaches, tomato, bell pepper, onion, jalapeno peppers, and cilantro in a large bowl.
2. Add lime or lemon juice, salt and pepper and gently stir or mix.
3. Cover and refrigerate until ready to use.

Try with tacos, tostadas, fish, chicken, and more.

Recipe adapted from SNAP-Ed New York