



## Red Peppers, Fresh

MyPlate Food Group: **Vegetable**

USDA  
**Foods**

### Nutrition Information

- 1 cup of raw red peppers count as 1 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. Red peppers are in the red and orange category.
- Most vegetables are naturally low in fat. None have cholesterol. Sauces and seasonings may add fat, calories, and/or cholesterol.
- Red peppers are an important source of many nutrients, including vitamin C and A—both help to boost the immune system.

### Uses and Tips

- Hummus or a low-fat salad dressing make a great dip for sliced red peppers.
- Make a salad using all of the colors in the rainbow, including tomatoes, carrots, corn, red and green peppers, cauliflower, and purple cabbage.
- Add red peppers to any pasta dish for added texture and flavor.
- Add red peppers to your morning eggs to pack in more vegetables during your day.
- Buy fresh peppers in season when they may be less expensive and at their peak flavor.

### Storing Foods at Home

- Do not wash red peppers until ready to eat.
- Red 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

### Roasted Red Peppers

Makes 4 servings

#### Ingredients:

- 4 red peppers (any bell pepper will work)
- 2 teaspoons vegetable oil
- 1/2 teaspoon Italian seasoning or basil/oregano
- 1/2 teaspoons garlic powder
- 1/4 teaspoon each salt and pepper

**Directions:** Wash hands with soap and water.

1. Preheat oven to 450 degrees F.
2. Wash peppers and remove top and seeds. Cut peppers in half and rub with vegetable oil.
3. Place cut side up on a rimmed baking sheet and sprinkle with Italian seasoning, garlic powder, salt and peppers.
4. Roast until peppers are tender and blistered in spots, about 30-35 minutes.
5. Refrigerate leftovers within 2 hours.

*Recipe adapted from Main SNAP-Ed*

### Chicken Italiano with Whole Wheat Rotini

Makes 6-8 servings

#### Ingredients:

- Cooking spray
- 1 pound chicken breast, boneless, skinless, cubed
- 2 cups broccoli florets
- 2 red bell peppers, sliced
- 2 yellow squash, sliced
- 1/4 cup white cooking wine (or water)
- 1 can diced tomatoes, no salt added, drained
- 1/2 teaspoons each: basil, oregano, black pepper
- 3 cups rotini whole grain pasta, cooked, drained
- 1/4 cup parmesan cheese, grated
- 1/2 cup low-fat cheddar cheese, or Mexican blend, shredded

**Directions:** Wash hands with soap and water.

1. Spray a non-stick skillet with cooking spray.
2. Over medium-high heat, cook chicken until done (165 degrees F).
3. Add broccoli, peppers, and squash to skillet. Cover with lid and simmer 3-4 minutes.
4. Add cooking wine or water, tomatoes, herbs and pepper. Cook for 5 more minutes.
5. Toss chicken vegetable mixture with pasta in skillet.
6. Sprinkle with parmesan cheese.

*Recipe adapted from Chickasaw Nation Packed Promise*