

# Fresh Tips Card



## Trivia

**Where were peppers, both sweet and hot, originated from?**

*They originated in Central and South America.*

25 calories per serving	Total carbohydrates 6g
Total fat 0g	Cholesterol 0g
Sodium 40g	Fiber 2g
Sugars 4g	Protein 1g
Vitamin A 4%	Calcium 2%
Vitamin C 190%	Iron 4%

- Bell peppers are high in Vitamin C, low in calories, fat free, and low sodium.
- Choose firm, brightly colored peppers with tight skin. Avoid peppers that have dull skin or a shriveled.
- Store in the refrigerator in a plastic bag for use within 5 days.
- Enjoy bell peppers in a salad, sautéed, grilled, stuffed (my favorite), stir-fried, roasted, in a wrap, and in chili.



Make sure to pick up a recipe card at Redner's

Palmer Home Foundation

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