

Bell Peppers



Bell peppers are technically a fruit but treated like a vegetable. They are found in a variety of colors like green, red, yellow, purple and orange and can be eaten raw or cooked.

Used in:

Salads, Casseroles, Pizzas, Pastas, Sauces, Soups, Stir-frys, Fajitas, Dips

What do they taste like?

Bell peppers are crunchy and juicy. Green peppers are more bitter and sharp. Red, yellow, orange and purple peppers are mildly sweet.

How do I store, save, and freeze them?

Store bell peppers in a plastic bag in a drawer of the refrigerator for up to 1-2 weeks. Freeze sliced peppers on a tray first until solid, then transfer to a freezer safe bag/container. Label & date. Use within 8-12 months. Frozen peppers work best in cooked dishes like soups, casseroles and stir-frys.

How do I prepare them?

1. Rinse under water to remove dirt.
2. Remove seeds by cutting off sides or cut around the stem and pulling out core.
3. Slice or chop for cooking or eating raw.

How do I cook them?

Sauté: Heat oil in a pan on medium heat. Add peppers and seasonings. Cook 5-7 minutes until tender.

Microwave: Place sliced peppers in a microwave-safe dish with a little water. Season. Cover and cook on high for 2-3 minutes until tender.

Seasoning ideas:

Savory: Salt, pepper, garlic, onion, basil, lemon, or oregano

Sweet: Use honey, orange juice, or pineapple in stir-frys



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This guide has been adapted from the University of Rhode Island SNAP-Ed Program.

Recipes using Bell Peppers from SNAP-Ed NY:



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