

# 12 Great Ways to Use...

## Bell Peppers

*Bell peppers are a popular vegetable in Mediterranean cooking, perhaps because they come in a variety of bright colors. You know what they say: "You eat with your eyes first!" They are also an excellent source of vitamin A, vitamin C, and a good source folic acid, and fiber, with red bell peppers packing the most nutrition. In fact, red bell peppers are richer in vitamin C than most citrus fruit! They add a touch of sweetness without the excess calories, and are just as delicious raw as they are cooked.*

- 1.** Slice bell peppers into strips and serve with hummus or your favorite dip for a healthy snack.
- 2.** Sauté sliced bell peppers with garlic, sliced onions, and seasoning of your choice in a little extra-virgin olive oil for an easy side dish. Add tofu, sausage or fish to the pan for a complete meal.
- 3.** Add chopped bell peppers to your omelet, quiche, or frittata for a colorful breakfast.
- 4.** Make a simple bean salad with canned beans, diced bell peppers, onion, lemon or lime juice, a little bit of olive oil, cumin, and cayenne pepper.
- 5.** Roast whole bell peppers in the oven at 400°F for 45 minutes, rotating every 15 minutes to brown evenly. Add to salads, sandwiches, or combine with fresh herbs, olive oil, and capers for a delicious side dish or snack.
- 6.** Stuff peppers with a mixture of ground meat, rice, onions, tomatoes, and spices and bake in the oven at 350°F for 30 minutes for a satisfying dinner.
- 7.** Quick pickle bell peppers with vinegar, water, sugar, salt, and garlic to keep in the fridge for up to one week.
- 8.** Make pasta salads more vibrant by adding diced bell peppers in a variety of colors.
- 9.** Combine finely chopped bell peppers with onion, garlic, fresh herbs, red chile flakes, vinegar, and olive oil for a striking salsa to accompany meat and fish dishes.
- 10.** Bake sautéed sliced bell peppers and leeks with salmon fillets and white wine in foil for 10 to 12 minutes at 375°F. Serve with lemon wedges for a perfectly portioned meal.
- 11.** Combine roasted bell peppers (see 5) with Parmesan cheese, garlic, salt, pepper, olive oil and fresh herbs in a food processor to use as a pasta sauce. Toss with toasted pine nuts for added flavor.
- 12.** Add chopped or sliced bell peppers to stews and soups for a pop of color.



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