



Bell Peppers

Vegetable - Berry

Food Facts

Serving Size ≈ 1 Cup

- **FRUIT!?** - This popular vegetable is botanically a fruit and is high in vitamins such as Vitamins C, A, and B6.
- **STORAGE** - Store peppers in a plastic bag in the refrigerator for 3-4 days. Watch out for browning or soft spots.
- **EAT COLORFULLY**- Eating an abundance of colorful vegetables helps reduce the risk of cancer, protects brain health, and keeps the gut microbiome healthy!



How to Use

- **Heat:** You can grill, roast, or saute peppers to add to salads, tacos, wraps, etc...
- **Raw:** Cut into long slivers or bite-sized chunks and top your salads.
- **Snacks:** Add them to a veggie tray and eat with hummus!

Bell Pepper Omelets

Serves: 2

Ingredients

- 1 tsp Olive Oil
- 1 Red Bell Pepper cut into thin slices
- 1 Yellow Bell Pepper cut into thin slices
- 4 Egg Whites
- 1/2 tsp Basil Dried
- 1/4 tsp Black Pepper ground
- 2 tsp Parmesan Cheese grated
- Nonstick Cooking Spray

Instructions

1. In pan, heat oil over medium heat. Add and stir peppers for 4-5 minutes. Simmer at low heat.
2. In a bowl, beat the egg whites, basil and ground black pepper.
3. Spray pan with cooking spray. Add half of the egg mixture in, moving the pan to cover the base. Cook until eggs are thickened.
4. Carefully remove omelet from the base and flip it. Cook until firm.
5. Add half of the peppers on the egg. Fold the omelet in half and enclose the filling. Serve the omelet. Add cheese. Serve hot.



Nutrition Facts

Serving Size 1.00 piece
Serving Per Container 2

Amount Per Serving

Calories 101

% Daily Value*

Total Fat 4 g	5%
Saturated Fat 1 g	5%
Sodium 145 mg	6%
Total Carbohydrate 8 g	3%
Dietary Fiber 2 g	7%

Protein 9 g

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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