

# BELL PEPPER

*Your guide for everyone's go-to pepper*

Edible Flint  
Garden Starters



## VITAMIN C

Bell peppers are an excellent source of vitamin C. In fact, a green pepper has twice the amount of vitamin C than an orange!

## COLOR CHANGE

Colored bell peppers (like red, yellow and purple) are actually green bell peppers that have been left on the vine to continue to ripen.

## SWEET STUFF

Red, yellow and orange bell peppers are sweeter than green peppers because they ripen longer on the plant. And red peppers have twice the vitamin C than green peppers!

## FACT OR FICTION?

*Is it true that bell peppers have a gender?*

The bell pepper gender theory claims that the number of bumps, or lobes, on the bottom of the fruit indicate the pepper's gender. According to the theory, 4-lobed peppers are female and 3-lobed peppers are male. The truth is, the number of lobes on a pepper has nothing to do with the fruit's gender. A pepper can have anywhere from two to five lobes, and the number is determined by the variety of pepper, *not* the gender.



# MEXICAN-STUFFED PEPPERS

Recipe courtesy of *Well Plated* by Erin Clarke



Serves 4

## INGREDIENTS

- 4 large bell peppers *any colors you like*
- 2 tsp olive oil
- 1 pound ground chicken *or turkey*
- 1 onion, chopped
- 1 Tbsp chili powder
- 1 tsp ground cumin
- 1 tsp garlic powder
- ¼ tsp black pepper
- 1 14oz can diced tomatoes with juices *or 3 fresh tomatoes chopped*
- 1 ½ cups cooked brown rice *or quinoa*
- 1 cup shredded cheese *Monterey Jack, Pepper Jack or Cheddar*

## DIRECTIONS

1. Preheat your oven to 375 degrees F. Lightly coat a 9×13-inch baking dish with nonstick spray. Slice the bell peppers in half from top to bottom. Remove the seeds and membranes, then arrange cut side up in the prepared baking dish.
2. Heat the olive oil in a large, nonstick skillet over medium high heat. Add the chicken, onion, chili powder, cumin, garlic powder, salt, and pepper. Cook, breaking apart the meat, until the chicken is browned and cooked through, about 4 minutes. Drain off any excess liquid, then pour in the can of diced tomatoes and their juices. Let simmer for 1 minute.
3. Remove the pan from the heat. Stir in the rice and ¾ cup of the shredded cheese. Feel free to stir in any additional add-ins here, such as black beans, corn, or jalapeños. Mound the filling inside of the peppers, then top with the remaining cheese.
4. Pour ½ cup water into the pan to barely cover the bottom. Bake uncovered for 25 to 35 minutes, until the peppers are tender and the cheese is melted. Top with any of your favorite fixings, and enjoy hot.