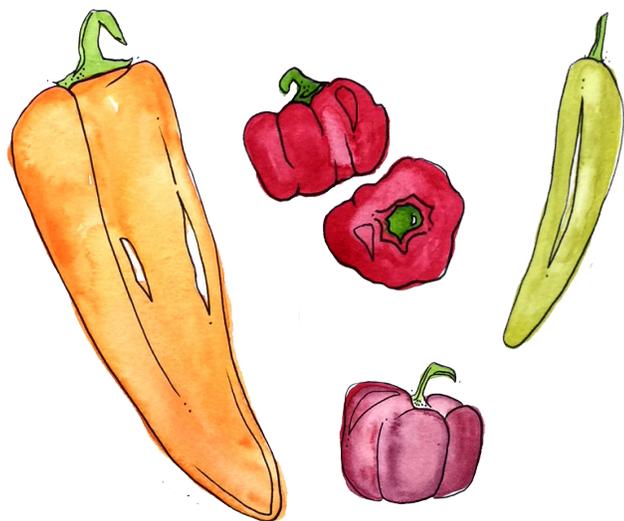


# SWEET PEPPERS

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Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods.

## Kid-friendly eating tips

- Try serving different colored sweet peppers so kids can pick which variety they like the best.

## Tidbit

Sweet (also known as bell) peppers are native to Central and South America. They were one of the first plants to be cultivated there. The Spanish and Portuguese explorers helped spread the cultivation of peppers across the globe. Nowadays, peppers can be found in almost all types of cuisine. The biggest growers of peppers are China, Turkey, Nigeria, Spain, Mexico, and Romania.

## Selection Tip

Choose firm, glossy, plump peppers that have no blemishes or soft spots. The flesh should be brightly colored and should yield to gentle pressure.

## Storage Tip

Sweet peppers can be stored unwashed in a perforated plastic bag or the vegetable drawer of the refrigerator, where they will keep for about a week. They freeze well raw, but it is better to wash them first. For maximum flavor and nutritional value, store them whole.

## Cooking Tips

- Sweet peppers can be eaten raw or cooked, though their sweetness becomes more prominent when cooked. To easily remove the skin, place pepper under oven broiler and grill on all sides for 10-12 minutes or until the skin blackens and swells. Cover it with a damp cloth, wrap in a sheet of aluminum foil, and when it has cooled, peel it with a knife and rinse under running water.

## Recipes

### Bell Pepper Egg-in-a-Hole

**Yield:** 4 Servings

Total Time: 10mins | Prep: 5mins | Cooking: 5 mins

#### Ingredients:

- 1 teaspoons olive oil
- 1 bell pepper (any color), cut into rings
- 4 large eggs
- 2 teaspoons grated parmesan cheese
- 4 slices whole grain bread
- Salt and pepper to taste

#### Directions:

1. In a large pan, heat one teaspoon olive oil over medium heat.
2. Add bell pepper rings, then crack one egg into the middle of each and season with salty and pepper.
3. Cook until egg whites are mostly set but yolks are still runny, 2 to 3 minutes. Carefully flip and cook for 1 minute more for over easy yolk.
4. Sprinkle with parmesan cheese and place each egg on a slice of whole grain toast.

Source: Martha Stewart Living

Bell Pepper Egg-in-a-Hole