

Bell Peppers

Safety first:

Be sure to wash your hands with warm, soapy water before and after preparing food. Rinse fresh fruits and vegetables, even those you peel, under running tap water.

FRESH –

- Rinse and chop or julienne and enjoy. Great for topping a fresh salad or dipping in vegetable dip or hummus.

SAUTÉ –

- Cut peppers lengthwise into strips. Heat olive oil in a pan, then add peppers. Cook, stirring occasionally, until peppers are just tender, about 10 minutes.

GRILL –

- Cut peppers lengthwise, brush with oil and place on a grill until grill marks appear (usually 10 to 14 minutes, depending upon desired tenderness).