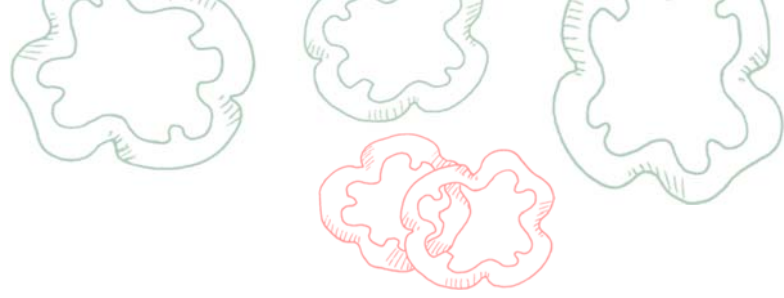


Bell Pepper



Bell peppers are a low-calorie, vitamin rich fruit that is comprised primarily of water. Bell peppers can be eaten raw or cooked, and they are a delicious addition to a well-balanced diet. In addition, one medium-sized red bell pepper provides 169% of your recommended daily intake of vitamin C (much greater than the average orange!).

SELECTION & STORAGE

Storage & selection: When selecting a bell pepper, look for firm peppers with shiny, unblemished, and unwrinkled skin. The bell pepper should feel heavy for its size. To keep your bell peppers fresh for longer, it's best to store them in the crisper drawer of your refrigerator. The bell peppers should last for up to two weeks in the fridge.



RECIPE OF THE MONTH: TANGY CILANTRO LIME SALAD

INGREDIENTS:

- 2 medium sweet red or orange peppers, chopped
- 2 medium ripe avocados, peeled and cubed
- 1 container (10-1/2 ounces) cherry tomatoes, halved
- 1 cup fresh or frozen corn, thawed

DRESSING:

- 3 tablespoons lime juice
- 2 tablespoons olive oil
- 1/2 cup fresh cilantro leaves
- 2 garlic cloves, halved
- 1 teaspoon sugar
- Salt and pepper to taste

DIRECTIONS:

Place the first 5 ingredients in a large bowl. Place dressing ingredients in a blender; cover and process until creamy and light in color. Pour over vegetable mixture; toss to coat. Refrigerate, covered, up to 3 hours.

