

Georgia Grown
Peppers

The Sweet Pepper

Bell peppers can add color, flavor and nutrition to a myriad of entrees, side dishes and salads. Whether green, yellow or red, bell peppers complement almost any meal.

Bell Peppers are good for you.

Nutrient Analysis
one medium bell pepper

Calories 25
Protein 1g
Cholesterol 0mg
Sodium 0mg
Carbohydrates 5g
Dietary Fiber 2g
Fat 1g

Including bell peppers in favorite recipes adds very little fat, no cholesterol and no sodium. Bell peppers are an excellent source of vitamin C and contain vitamin A.

Country Skillet Salad

4 pounds (red, green or yellow) sweet peppers,
cut into strips
10 "Vidalia" onions, peeled and sliced into rings
6-8 tablespoons vegetable oil
12 ripe tomatoes, sliced
1 (7 oz.) jar chopped pimientos, drained
Salt and pepper to taste

In a large skillet or wok, saute peppers and onions in oil, for approximately 8 minutes or until crisp and tender.
Add pimiento and spread tomato slices over top. Salt and pepper to taste. Cover and reduce heat to warm for 5 minutes. Can be served warmed or cold. Ideal for cookouts.
Yields: 12 servings.

Nutrition Information Per Serving:
Calories 188 / Protein 4g / Carbohydrates 24g / Fiber 7g / Fat 11g Cholesterol 0g / Sodium 23mg

Veggie Pizza

Vegetable cooking spray
1 (16 oz.) ready to bake pizza crust
3/4 cup pizza sauce
1 large thinly sliced Vidalia™ onion
1 cup thinly sliced green or red bell pepper
1 cup (8 oz.) shredded mozzarella cheese
Italian seasoning to taste

Preheat oven to 400° F.

Generously coat pizza pan with vegetable cooking spray. Place pizza crust on pizza pan and top with pizza sauce. In a large skillet, saute onions and peppers. Drain well. Add onions and peppers to pizza crust and sprinkle with Italian seasonings. Top with mozzarella cheese. Bake for 10-12 minutes or until cheese has melted and pizza is hot. Remove pizza from oven. Serve immediately. Refrigerate leftovers. Yields: 1 large pizza or 4-5 servings.

Other toppings may be added: sliced canned mushrooms, feta cheese, chopped fresh tomatoes, sauteed zucchini or yellow squash and other vegetables.

Nutrition Information Per Serving:
Calories 270 / Fat 9g (saturated 5g) / Cholesterol 25mg / Sodium 670mg Carbohydrate 29g / Fiber 2g / Sugars 6g / Protein 18g

Goldrush Cornbread

Vegetable cooking spray
2 cups buttermilk cornbread mix
1/2 teaspoon cumin
1 cup skim milk
1/4 cup honey
1/4 cup non-fat plain yogurt
3 egg whites
1/2 cup chopped green bell pepper
1/2 cup chopped red bell pepper
1 cup (8-ounces) shredded Cheddar cheese, divided

Preheat oven to 400°. Spray 9-inch square pan with cooking spray.

In large bowl, combine cornbread mix and cumin. Mix well and set aside.

In medium bowl, combine milk, honey, yogurt and egg whites. Blend well. Stir in red and green bell peppers and 1/2 cup cheese. Add milk mixture to dry ingredients; stir just until dry ingredients are moistened. Batter will be lumpy. Pour into prepared pan. Top with remaining 1/2 cup of cheese. Bake for approximately 20 minutes or until toothpick

inserted in center comes out clean. Serve warm. Makes 12 servings.

Nutrition Information Per Serving:

Calories 154 / Protein 6g / Carbohydrates 21g /
Cholesterol 10mg / Fiber 1g Calcium 116mg / Iron 1 mg
/ Sodium 297mg

Georgia Caviar

1 pound cooked black eyed peas
2 cups chopped bell pepper (about 2 large)
1-1/2 cups chopped onion (1 large)
1 (2-ounce) jar pimientos, drained
1/2 teaspoon minced garlic
1-1/2 cup chopped jalapeno peppers
2 cups zesty Italian dressing
Tortilla Chips

In a large bowl mix all ingredients. Refrigerate overnight. Serve at room temperature with chips. Makes approximately 7 cups or 50 (1 tablespoon servings).

Nutrition Information Per Serving:

Calories 40 / Protein 5g / Carbohydrates 3g /
Cholesterol 0mg / Fiber 1g Calcium 15mg / Iron 0mg /
Sodium 105mg

Spaghetti Stuffed Peppers

1/4 cup low-sodium chicken broth
1 cup chopped zucchini or yellow crookneck squash
1/2 cup chopped shitake or brown mushrooms
1/4 cup thinly sliced green onions
1 tablespoon chopped fresh basil, or
1 teaspoon crushed dried basil
1 tablespoon chopped fresh thyme or
1 teaspoon crushed thyme
1 minced garlic clove
1/4 teaspoon pepper
1-1/2 cups spaghetti squash, cooked, seeded and fluffed into strands
4 sweet bell peppers, any color
1/4 cup shredded nonfat or low-fat Swiss or Cheddar cheese

Preheat oven to 375°. In a large skillet, heat chicken broth to simmer. Add squash, mushrooms, onions, herbs, garlic and pepper. Simmer uncovered, stirring occasionally, for 4 minutes, or until vegetables are tender. Remove from heat. Stir in spaghetti squash. Slice tops off bell peppers and discard seeds. Spoon filling into peppers; sprinkle

on shredded cheese. Add tops. Place in shallow baking dish sprayed with vegetable cooking spray. Cover and bake for 30 to 35 minutes, or until heated through. Yields 4 servings.

Nutrition Information Per Serving:

Calories 73 (20% from fat) / Fat 2g / Cholesterol 2mg / Fiber 4g Sodium 17mg

Best Ways to Enjoy Bell Peppers

- ¥ Stuff bell peppers with rice, meat or salad fillings for a delicious side dish.
- ¥ Brighten up tossed salads with bell pepper slices.
- ¥ Grill bell peppers with tomatoes, onions, chicken, shrimp or beef for succulent shish kebabs.
- ¥ Combine sliced bell peppers, cauliflower and broccoli with a vegetable dip for a healthy afternoon snack.
- ¥ Stir fry bell peppers with chicken, pork or beef.
- ¥ Add bell peppers to pasta salads for a light, nutritious lunch.
- ¥ Chopped bell peppers add flavor and crunch to chicken or tuna salads.
- ¥ Mix bell peppers in soups or stews for extra flavor.
- ¥ Make a colorful pasta primavera using a selection of peppers and other vegetables.

Buyers Guide To Bell Peppers

- ¥ Bell peppers should be well-shaped and firm.
- ¥ Look for bell peppers with uniform, glossy color and thick walls.
- ¥ Soft watery spots found on the sides of bell peppers indicate decay.
- ¥ Avoid bell peppers with pale skin and soft, pliable flesh, which indicates immaturity.

- ¥ Store bell peppers in the refrigerator crisper, and they will stay fresh for up to two weeks.

The Scoop on Varieties

Green, yellow and red bell peppers are widely available. Green peppers are harvested before they reach maturity and eventually turn bright red if left on the vine. Yellow peppers are a different variety that are harvested when mature. Georgia also grows other varieties of peppers.

- ¥ When cooking with bell peppers, remove the seeds before serving.
- ¥ Bell peppers are an essential ingredient for great home made pizzas.

Bell Peppers In Georgia

Bell peppers from Georgia are available from mid-June through October. Commercial production is centered primarily in the southwest region of Georgia.

Georgia ranks 5th in the nation in production of fruits & vegetables. Our state is blessed with good climate, soil conditions and excellent growers to provide you with high quality fresh produce year round.

Tommy Irvin, Commissioner
Georgia Department of Agriculture

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