

## BELL PEPPER

*Technically a fruit, bell pepper is most commonly red, yellow, or green. A red pepper is actually a green pepper that had more time to ripen and therefore tastes sweeter. Because of a recessive gene, bell pepper isn't spicy like other types of pepper.*

### BEST COOKING METHODS

- RAW
- STIR-FRY
- SAUTE

### RECIPE IDEAS

- SALADS
- RAW WITH DIP
- STUFFED

### STORAGE

- Store wrapped in the crisper drawer for up to two weeks.
- If pepper begins to wrinkle, and won't be consumed immediately: chop into small pieces and freeze in an airtight container.

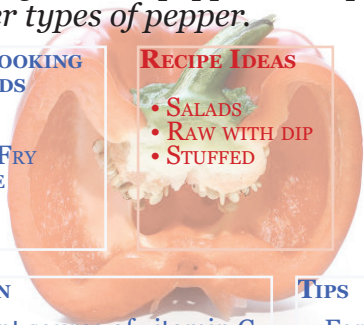
### NUTRITION

- Excellent source of vitamin C
- Rich in vitamins B-6 and A, and fiber

### TIPS

- For maximum freshness, keep peppers whole and unwashed until just before use.
- Trim carefully around the stem to reduce waste.

lovin'  
spoonfuls  
a food rescue



## MAC 'N CHEESE STUFFED PEPPERS

- **1 c** elbow pasta, dry (you can use any small pasta shape)
- **3/4 c** jack cheese, grated (plus extra for topping)
- **3/4 c** sharp cheddar, grated (plus extra for topping)
- **1/2 c** cottage cheese
- **5/8 c** milk
- **4** bell peppers

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**PREHEAT OVEN TO 375. IN A LARGE BOWL, WHISK TOGETHER COTTAGE CHEESE, MILK, AND A PINCH OF SALT AND PEPPER TO TASTE. STIR IN DRY PASTA AND GRATED CHEESES UNTIL COMPLETELY COMBINED. SET ASIDE.**

**WASH PEPPERS. SET EACH PEPPER ON ITS SIDE ON A CUTTING BOARD SO THAT IT SITS FLAT AND WON'T TIP. MAKE ONE SLIT LENGTHWISE DOWN THE PEPPER (FROM THE STEM ALMOST TO THE BOTTOM) AND ANOTHER CROSSWISE NEAR THE TOP TO FORM A "T". CAREFULLY OPEN THE PEPPER AND SCOOP OUT THE SEEDS THROUGH THESE SLITS.**

**REPEAT WITH REMAINING PEPPERS. SPOON MACARONI AND CHEESE MIXTURE INTO PEPPERS, FILLING EACH ABOUT 3/4 FULL. CAREFULLY PLACE PEPPERS IN A ROASTING PAN AND BAKE 30 MINUTES. REMOVE FROM OVEN AND TOP WITH EXTRA CHEESE.**

**RETURN TO THE OVEN FOR 10 MINUTES MORE, UNTIL CHEESE IS MELTED AND LIGHTLY BROWNED. LET COOL 5 MINUTES BEFORE SERVING. MAKES 4 SERVINGS.**

**ADAPTED FROM: [HTTP://RAINYDAYGAL.COM/](http://rainydaygal.com/)**

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