

Bell Pepper



Bell peppers are mild, not spicy, and come in a variety of colors including green, yellow, orange, red, purple, white, and even striped! They can be used in a wide variety of dishes and make a great flavor base for more complex dishes. They are very high in vitamin C, and a good source of vitamin A and B-6.

Storage

Best stored in a cool dry place, or you can also wrap loosely in plastic, and store in the crisper drawer to extend the shelf life. Depending on their freshness, they can last 1 to 4 weeks. To freeze, pre-cut and pack tightly into airtight bags or containers. Freeze up to 3 months. Peppers can also be preserved through pickling, canning, or dehydrating (drying).



Cooking

Peppers can be used with any cooking method: eat raw, sauté, stir-fry, stew, steam, roast, grill, or stuff! Trim the stem out closely to reduce waste. Seeds & white tissue are edible, but can be bitter, so remove before cooking.



Mac & Cheese Stuffed Peppers

Serves: 4 Total Time: 30 Minutes

Ingredients:

- 10 oz small pasta (macaroni or other shape)
- 3½ cups shredded cheese (cheddar or a mix of types)
- 1 cup milk (cream, half & half, or evaporated milk work too)
- 4 large bell peppers (any colors)
- Salt & pepper to taste

Directions:

1. Preheat oven to 400°F. Cook pasta according to package instructions, drain and set aside.
2. In a large pot over medium heat, combine macaroni, 3 cups cheese, and milk. Stir until cheeses are melted. Stir in salt and pepper to taste.
3. Cut the tops of the peppers off as close to the stem as possible. Remove stems & seeds, but reserve tops. Fill each pepper with pasta and top with remaining ½ cup of cheese.
4. Place peppers in a baking dish or large muffin tin to keep them upright, and replace tops. Bake for 10-15 minutes or until cheese is melted and beginning to brown. Serve hot.

