



## FOOD FOR THOUGHT:

# Blushing Bell Peppers

### BELL PEPPER FUN FACTS:

- Bell peppers originated in Mexico, Central America, and South America.
- The bell pepper comes in a rainbow of colors and variety of shapes and sizes.
- The different colors indicate how ripe a bell pepper is -- green bell peppers are the least ripe while red bell peppers are fully ripe.
- The pepper plant is a member of the “nightshade” family, which also includes tomatoes and potatoes.



### TRY THIS AT HOME!

- Stuffed bell pepper
- Raw with ranch or hummus
- In a veggie stir-fry
- On pizza or in a salad

### DID YOU KNOW?

- Capsaicin, found in chili peppers, makes them spicy. A bell pepper has no capsaicin, so bell peppers are not spicy!
- The Spanish word for bell pepper is pimiento morrón or chile morrón.



### TRIVIA QUESTION:

What is the hottest pepper in the world?

**A** BELL PEPPER **B** JALAPENO **C** HABANERO **D** CAROLINA REAPER

Flip page for answer \*



### STUFFED BELL PEPPERS

Servings: 4

#### Ingredients:

- 4 large bell peppers
- 1 lb. lean ground beef
- 2 tablespoons chopped onion
- 1 cup cooked rice
- 1 teaspoon salt
- 1 clove garlic, finely chopped
- 1 can tomato sauce
- ¾ cup shredded mozzarella cheese

#### Instructions:

1. Preheat oven to 350F.
2. With adult supervision, chop ingredients mentioned above.
3. Cut off the top end of pepper. Remove seeds and membranes.
4. In 4-quart Dutch oven, add enough water to cover peppers. Heat to boiling; add peppers. Cook about 2 minutes and drain.
5. In skillet, cook beef and onion over medium heat until cooked. Stir in rice, salt, garlic and 1 cup tomato sauce. Cook until hot.
6. Stuff peppers with beef mixture, top with shredded cheese, and bake for 15 mins in glass baking sheet, or until peppers are tender. Serve and enjoy.



**FOOD FOR  
THOUGHT:**

# Blushing Bell Peppers

**UNSCRAMBLE THESE SWEET AND SPICY PEPPERS!**

## SWEET



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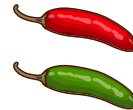
## SPICY



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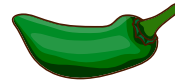
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## SUPER SPICY!

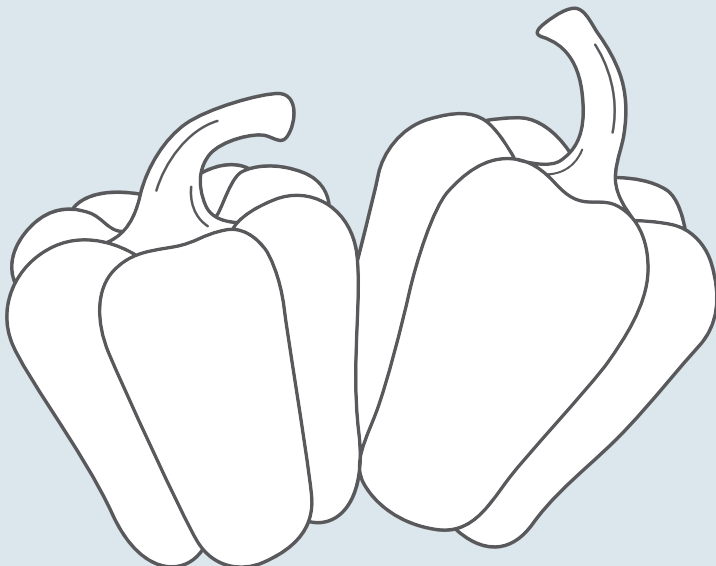


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## COLOR IN THE BELL PEPPERS



## YUMMY BENEFITS OF BELL PEPPERS

- PROTECTS BRAIN HEALTH
- HELPS PREVENT CANCER
- RELIEVES ARTHRITIS
- GOOD FOR DIGESTION
- SUPPORTS HEALTHY EYES



**HISD**

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