

Peppers

Pimienta



Try It!



Selection

There are two types of peppers – hot and sweet. When selecting hot peppers, follow the ‘Scoville Rating’, which determines the relative hotness. Bell peppers are at 0 units, while the highest is a habanero at 100,000 to 300,000. Select firm peppers.

Uses

Peppers are versatile and can be eaten raw, prepared in dishes, dried, pickled or canned. Frozen peppers will lose their texture, but are useful in cooked dishes, such as stir fry, stuffing or casseroles.



ROASTED RED PEPPER AND CHICKEN WRAP

Ingredients

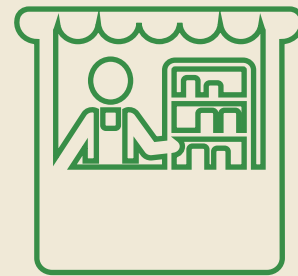
- 4 ounces boneless, skinless chicken breast, cut into strips 1/2 inch wide and 2 inches long
- 2 10-inch flour tortillas (spinach, garlic and herb, or pesto-flavored)
- 2 tablespoons hummus
- 1 cup shredded lettuce
- 1/2 cup chopped tomatoes
- 1 roasted red bell pepper, peeled and cut into slices

Instructions

1. Spray a small nonstick frying pan with cooking spray. Add the chicken and saute over medium-high heat until the chicken is lightly browned and opaque throughout. Set aside.
2. Heat a dry, large frying pan (without a nonstick surface) over medium heat. Add 1 tortilla to the hot pan and heat until softened, about 20 seconds per side. Repeat with the other tortilla.
3. To serve, place a warmed tortilla on each plate. Spread 1 tablespoon of the hummus on each tortilla. Then add half of the chicken, lettuce, tomatoes and roasted pepper to make each wrap. Fold in the sides and the bottom of the tortilla up over the filling, then roll to close. Cut each wrap in half crosswise and serve immediately.

History & Fun Facts

History & Fun Facts: Peppers are native to the Americas and have grown in popularity, with many varieties sold at the grocery store. Almost all peppers turn from green to yellow, orange, red, or purple when they are fully ripe. It is a common misperception that the hotter the pepper, the more acidic it is. The hotness depends on the amount of capsaicin it contains and not the level of acid. William Scoville devised a test to determine relative hotness of different peppers in the early 1900s.



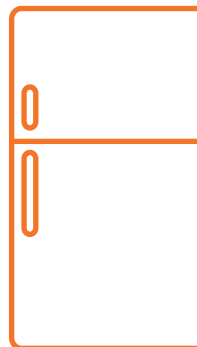
BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.

Care and Storage

- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- In general, peppers have a short storage life. Most peppers do best at 45°F, but they will last about 1 week in a typical home refrigerator (which should be kept at 40°F or below.) Fresh peppers will last longer if they are kept dry. Wash peppers prior to use. Blanching is not necessary before freezing. If preparing hot peppers, always wear food-grade gloves to protect from burns.



NUTRITION FACTS

- Good source of Vitamin A
- Good source of Vitamin C
- Good source of Antioxidants



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Double your \$10 EBT swipe on the 1st Saturday of each month!



Swipe & Shop



FOR MORE INFORMATION...

Amanda Miller | Extension Fond du Lac County
FoodWise Coordinator and Health & Wellbeing Educator
P: 920-929-3174 | E: amanda.m.miller@wisc.edu

Amber Bodart | Downtown Fond du Lac Partnership, Inc.
Director of Communication and Special Events
P: 920-322-2006 | E: market@downtownfdl.com

Primary Sources: "Peppers", University of California Davis, 1998. University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health program at www.5aday.gov;
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