
Sweet Peppers 101

You just *must* try them roasted!



BELL PEPPERS

Capsicum annuum

Nutritional Snapshot

- an excellent source of vitamin A, vitamin C, potassium, quercetin, lutein and zeaxanthin
- also contains a healthy dose of fiber, folate, and iron

Medicinal Uses

- improves eye health and prevents macular degeneration, cataracts and oxidative damage
- reduces risk of several chronic diseases like cancer and heart disease
- increases iron absorption due to high levels of vitamin C

Bell peppers, known for their “sweet” flavor, come in a variety of colors; green, red, yellow, orange, purple, and even chocolate. Red, orange and yellow peppers are simply green peppers that were allowed to ripen to their full color change, and they have a sweeter taste. So when you eat a green pepper, you’re actually eating an “unripe” pepper!

We also grow smaller sweet “snack peppers,” —about 1/4 the size of a bell pepper — which have a similar sweet taste. And we grow lots of different hot peppers. Look for our separate ebook for hot peppers in our resource library.

How to store:

Refrigerate peppers unwashed in a sealed plastic bag in your refrigerator drawer for 1-2 weeks. Colored peppers will spoil faster.

Preparing Peppers:

Core the pepper by cutting the top off. Then pull out the core and discard the pulp and seeds.

Cut out the veins if desired. Chop to desired size.

Substitutes:

It's hard to replace a bell pepper. Look at the pepper family and try subbing in a pepper with a bit more heat like a Poblano or Anaheim pepper.

Best Uses:

- **Roasted**
- **Fajitas**
- **Soups**
- **Stir fries**
- **Salad**
- **Pasta sauce**
- **Omelette**
- **Harissa (red pepper sauce)**
- **Salsa**
- **Raw**
- **Pickled**
- **Sandwiches**
- **Pasta dish**
- **Pepper and onion saute**
- **Dip**
- **Burritos or Tacos**
- **Pizza topping**
- **Stuffed peppers**
- **Hummus**
- **Burritos or Tacos**
- **Pizza topping**
- **Stuffed peppers**



Green peppers are immature peppers. If you leave them on the plant, they will eventually turn colors and sweeten in taste.

How to Freeze

Peppers:

Peppers are one of the easiest veggies to freeze. Freeze them whole or chopped and toss them in a Ziplock freezer bag! BAM! It's that fast.

1. Wash and dry peppers.

2. Cut into desired size pieces (or leave whole) and place in a ziplock freezer bag, removing as much air as possible. Peppers will soften when thawed, so take out only the amount you need, and use them in recipes where their crisp texture is not necessary.
3. Optional: Some CSA masters will place the chopped raw peppers on a cookie sheet to freeze first... then put them in a Ziplock baggie. The benefit: pepper pieces don't stick together when frozen.

HOW TO ROAST PEPPERS



Roast: Option 1
Hold the pepper over a gas burner using tongs for 8 minutes. Skins will blacken.



Roast: Option 2
Place peppers on a cookie sheet and broil on top shelf for 6 minutes. You want the skins to blacken.



Place peppers in glass bowl immediately. Cover with plastic wrap until cool. The steam will cook them some more.



Peel. Skins will slide right off. Chop for recipes or freeze.



How to Roast Peppers

You'll need peppers, tongs, heatproof bowl, plastic wrap, and outdoor grill or baking sheet

Method 1: On the Stovetop Roast (best for 1 to 2 peppers) Turn a burner to the highest setting and set your pepper directly on the flame. Use a pair of tongs to turn the pepper occasionally until the skin is completely blackened, about 8 minutes.

Method 2: Roast Peppers on the Grill (best for 4 to 6 peppers) Heat a gas grill to high or prepare a charcoal grill. Place the peppers directly over the flame. Turn the peppers every 2 to 3 minutes until they are completely blackened, about 10 minutes.

Method 3: Roast Peppers under the Broiler (good for 4 to 8 peppers) Position an oven rack as close as you can to the broiling element in your oven, and turn the broiler on too high. Place your peppers on a baking sheet and place it directly under the broiler. Use a pair of tongs to turn the peppers occasionally until the skin is completely

blackened, about 8 minutes total.



Ten Ways to Use Roasted Peppers: 1. Add to your favorite red pasta sauce.

2. Add to sandwiches, homemade pizzas, flatbreads and bruschetta.

3. Add to your scrambled eggs or omelet.

4. Add to Caprese salad (fresh mozzarella, basil, tomatoes and olive oil). 5. Add to any simple green salad for some color.

6. Use as a decorative condiment, placed over grilled chicken and salmon. 7. Toss with minced fresh or roasted garlic.

8. Splash with balsamic vinegar.

9. Puree to make a sauce or spread or mix with other sauces and spreads.

10. Chop and flavor meatballs, burgers, or meatloaf.

Suggested Recipes:

Roasted Red Pepper Soup



(makes 6-8 servings)

Ingredients:

2 tablespoons olive oil

1 medium onion, chopped

1 fennel bulb, chopped (optional)

2-3 cloves garlic, chopped

6 roasted red bell peppers (roasted & peeled)

3 cups chicken stock

1 avocado, diced

1/2 cup creme fraiche or sour cream (if using sour cream watch for curdling, don't overheat)

1 tablespoon lime zest

Directions:

Heat a medium saucepan over medium-high heat and add the olive oil. Add the onion and fennel, cook until soft, about 6-8 minutes. Add garlic and cook for a couple more minutes.

Roughly chop the red peppers and add along with the chicken stock. Bring to a bowl, then reduce and simmer for 30 minutes.

Remove from heat and puree using an immersion blender or processor of choice. Do this with caution. If using a more traditional blender, allow the soup to cool slightly.

Mix lime zest with creme fraiche or sour cream. To serve, ladle soup into bowls and top with a few pieces of avocado and a spoonful of the creme.

Baked Frittata with Roasted Red Peppers

Ingredients:

1 tablespoon olive oil

1 small onion, diced (about 1 cup)

2-3 cloves garlic, minced

8 eggs, whisked

3-4 roasted red peppers, diced



2 handfuls arugula, chopped (could also

substitute spinach, but arugula is preferred)

You can use the small snack-size peppers as a substitute. You'll just need more of them

cup shredded mozzarella cheese

1/4 cup pesto

1/2 teaspoon salt

1/4 teaspoon pepper

Directions:

Preheat the oven to 350 degrees F. Spray a 9-inch pie pan with cooking spray or non-stick product of your choice.

Heat oil in a large pan over medium-high heat. Add onion and saute for a few minutes until soft. Add in garlic and continue to cook for a couple more minutes. Remove from heat.

In a separate large bowl, stir together the eggs, roasted red peppers, arugula, cheese, pesto, salt and pepper. Add in the onion mixture and stir well.

Pour the filling into the prepared pie pan. Bake for 40-45 minutes, or until cooked thoroughly. The frittata will rise while baking, but should settle back down once you remove it from the oven.

Allow it to rest for at least 5 minutes before serving. Slice and serve warm.

Sheet Pan Meal: Italian Sausage and Veggies

The vegetables used can be swapped for some others you may have on hand! Feel free to use more of one if you're missing another.

Ingredients:

**Chop all veggies into approximately the same size pieces, as this will allow them to cook evenly

2 large carrots, chopped

2 red or white potatoes, chopped

1 zucchini, chopped (chop into large pieces as it cook faster than the heartier veggies)

1 head of broccoli, chopped

16 ounces smoked Italian sausage of choice (pork, turkey or chicken), chopped into thick “coins”

4-5 tablespoons olive oil

1/2 tablespoon of dried basil, dried oregano, dried parsley and garlic powder

2-3 roasted red peppers, diced into large pieces

1/3 cup Parmesan cheese, freshly grated (optional)

Instructions:

Preheat the oven to 400 degrees F. Line a large sheet pan with parchment paper or foil for easy clean up.

Put all the veggies and sausage into a large bowl (except roasted peppers).

Add the olive oil and seasonings, stir well to coat.

Place mixture on sheet pan and spread out evenly. Place in the oven.

Bake for 15 minutes, remove the pan and add roasted peppers. Stir and place back in the oven for another 15-20 minutes or until the veggies are tender.

Remove and top with parmesan cheese if desired. Could also be served over rice or quinoa.

Roasted Red Pepper Sauce & Pasta

Ingredients:

12 ounces pasta of your choice (could also use spaghetti squash or zoodles)

4 tablespoons butter

1 medium onion, diced

2-3 cloves garlic, minced

6-7 roasted red peppers, chopped

1 cup chicken or vegetable broth

Salt & pepper to taste

1/2 cup heavy cream

1/2 cup parmesan, freshly grated

Finely minced parsley (garnish)

Instructions:

If using pasta, cook pasta according to directions. If using spaghetti squash or zoodles, prepare as needed.

Melt about 2 tablespoons butter over medium heat, add the onions and garlic. Cook until they start to soften. Add the red peppers and cook for 3-5 minutes or until hot.

Remove the skillet from the heat. Carefully transfer contents into the food processor or blender. Puree mixture until totally blended, there will still be some texture to the peppers.

Heat the other 2 tablespoons of butter back in the skillet over medium heat. Pour the pepper puree back into the skillet. Add the broth, salt and pepper and stir until heated. Splash in the cream and stir to combine. Taste and adjust seasonings if needed.

Add pasta or substitute to the skillet. Add parmesan and parsley, then stir to coat pasta.

Serve in bowls with additional parmesan and parsley as desired.

Baked Eggs in Stuffed Peppers

www.FoodieCrush.com

Ingredients:

3 sweet bell peppers, red, orange or yellow

2 tablespoons butter

1 tablespoon olive oil

2 cloves garlic, diced

1/2 cup onion, chopped

1 pound butternut squash, peeled, seeded and cut into a large dice, about 2 cups

1 teaspoon dried thyme leaves

Kosher salt

1/4 cup brandy

1/2 cup Ricotta cheese

1/4 cup crumbled Feta cheese

6 eggs

2 cups prepared marinara sauce

Freshly ground black pepper

Instructions

Preheat the oven to 400 F°.

Cut peppers in half and remove ribs and seeds. Place cut side up in a shallow microwave safe bowl or dish. Add 1/3 cup water to the bowl. Sprinkle peppers with kosher salt and cover with plastic wrap. Microwave on high for 5 minutes. Remove and set aside.

Heat a large skillet over medium high heat and melt butter and olive oil. Add garlic and cook for 1 minute, stirring after 30 seconds. Add onion and sauté for 2-3 minutes, stirring occasionally. Add butternut squash, thyme leaves and kosher salt and cook for another 5 minutes. Remove from heat. Add brandy. Return to heat and cook for 4-5 more minutes until brandy has cooked down and squash has softened and is easily pierced with a fork. Keep warm and add Ricotta and Feta cheese. Taste and season with more salt if desired. Pour marinara sauce on the bottom of a 9 x 12 inch baking dish. Place peppers cut side up and spoon 1/2 to 3/4 cup of butternut squash mixture into each pepper, creating a hollow for the egg. Bake peppers and squash mixture for 10 minutes or until warmed through. Remove from the oven.

Carefully break the egg into a small ramekin or measuring cup and slowly pour into each pepper taking care not to overflow the egg. Repeat until each pepper is filled.

Season with freshly ground black pepper and bake peppers for 10-12 minutes or until whites of eggs are set. Serve each pepper with marinara sauce and extra feta cheese if desired.

Roasted Red Pepper Relish

Mark Bittman

Use this on grilled meats like fish or chicken. It's also great as a sandwich spread.

Ingredients:

4 Roasted red peppers

1 T. olive oil

1 t. balsamic vinegar

1/4 t. minced garlic

salt and pepper

Directions:

Roughly chop the peeled roasted peppers and mix with the oil, vinegar, and garlic. Sprinkle it with salt and pepper. Stir, then taste and adjust the seasoning. Serve immediately or refrigerate for a day or two.

Beef Stir Fry with Peppers and Pea Shoots

from The Clever Carrot

Instructions:

2 tbsp. soy sauce

2 tbsp. honey

1/4 c. beef stock

1 heaped tsp. cornstarch

2 tsp. olive oil

1 lb. top sirloin, cut into thin 1/4" slices*

1 clove of garlic, grated

1 inch piece of ginger, peeled + grated

1 c. chopped snow peas

1 orange bell pepper, thinly sliced

Garnish

pea shoots

Instructions:

In an empty jam jar, add all of the stir-fry sauce ingredients and shake well until the honey is dissolved. You can also whisk everything together in a small bowl.

Warm the olive oil over medium-high heat in a large cast iron skillet (or saute pan).

Using tongs, add a portion of the meat to the pan and give it a quick sear, about 1-2 minutes. Do not over crowd the skillet. Remove the meat and transfer to a plate. Continue to cook in small batches to prevent the dish from becoming soggy.

To the pan, add a little bit more olive oil and the grated garlic and ginger. Stir until fragrant, about 30 seconds. Add the snow peas and saute until crisp tender. Remove from the pan.

Add the bell pepper and saute until soft. Remove from the pan. Add the stir-fry sauce and bring to a quick boil to thicken. Add the meat and veggies back to the pan and stir to warm through.

Garnish with pea shoots right before serving. Serve over quinoa or rice.

Pasta Salad with Grilled Sausages and Peppers *www.foodandwine.com*

Ingredients

1 pound gemelli pasta

6 tablespoons extra-virgin olive oil, plus more for drizzling

3 tablespoons freshly squeezed lemon juice

1 1/2 teaspoons finely grated lemon zest

1 tablespoon tomato paste

2 large garlic cloves, very finely chopped 1 large shallot, thinly sliced and separated into rings

1 1/2 teaspoons chopped thyme

Salt and freshly ground black pepper

Sausage Mixed Grill, sausages and vegetables thinly sliced

2 large celery ribs, thinly sliced on the bias

1/4 pound smoked mozzarella, cut into thin strips

Directions:

1 cup chopped basil
In a large pot of boiling salted water, cook the pasta until al dente. Drain, reserving 1/4 cup of the cooking water. Transfer the pasta to a large bowl. Drizzle lightly with olive oil and toss to coat. Let cool to room temperature.

Meanwhile, in a medium bowl, stir the lemon juice with the lemon zest, tomato paste, garlic, shallot and thyme. Stir in the 6 tablespoons of olive oil and the reserved pasta cooking water. Season the dressing with salt and pepper.

Add 1/4 cup of the dressing to the pasta and toss. Add the sausages, peppers, radicchio, celery, mozzarella and the remaining dressing and toss well. Season the pasta salad with salt and pepper, sprinkle with the basil and serve.

Stuffed Bell Peppers

Ingredients:

1 1/2 to 2 cups cooked white rice (starting from about 3/4 to 1 cup raw white rice)

4 to 6 bell peppers (red, yellow, or green), use 4 large, or 6 medium sized 1 to 1

1/4 lb of ground beef (ground chuck, 16% fat)

6 large fresh basil leaves, chopped (or 1 1/2 teaspoons dried basil)

1/2 teaspoon dry summer savory or thyme

1/2 teaspoon ground marjoram (or 2 teaspoons of fresh chopped)

1 teaspoon salt

Freshly ground black pepper

1/4 cup olive oil

Paprika

Directions:

Cook the rice: If you haven't already made the rice, start cooking the rice following the package instructions (usually 1 cup of raw white rice plus 1 1/2 cups of water and 1/2 teaspoon of salt, bring to boil, reduce heat to low, cover and cook for 15 minutes.)

Steam the bell peppers to soften them: Cut the tops off of the bell peppers. Remove and discard the stem and seeds. Place bell peppers cut side up on a steaming rack over an inch of water in a large covered pot. Bring to boil, let steam for 10 minutes. (If your peppers are frozen, you can skip this step as they will naturally soften from the thawing process).

Mix the filling: Heat oven to 350°F. In a large bowl mix together the ground beef, basil,

summer savory, marjoram, salt, several turns of black pepper, and the cooked rice.

Fill the bell peppers: Remove bell peppers from the steamer pan. Place cut side up in a pyrex or other oven-proof casserole. Gently stuff the peppers with the ground beef rice mixture.

Drizzle olive oil over the stuffed peppers, along the outside of the peppers, and into the pan. Rub the oil over the outside of the peppers; it will help with browning. Sprinkle the tops generously with paprika.

Bake: Place on the middle rack of the oven and bake at 350°F for 35-50 minutes, or longer, until the meat is cooked through. Serve with ketchup.