

# Bell Peppers

Bell peppers add a crisp sweet flavor to a variety of dishes, and can be eaten cooked or raw. Did you know that red bell peppers are simply mature green peppers? That's why they are sweeter!

- Slice, remove the seeds, and serve raw with salad dressing or hummus.
- Chop and serve on top of salad.
- Slice and add to stir-fries, pasta, or pizza!
- Refrigerate unwashed peppers in a plastic bag in the produce drawer.



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