

A Taste of Missouri

July

Bell Pepper Tips

- Bell peppers are sweet and crisp. They also come in many different colors.
- Unripe bell peppers are green and can mature into red, yellow, or orange in color. Since green bell peppers are not ripe, they have a slightly bitter taste compared to the red, yellow and orange ripe bell peppers.
- Select peppers that are heavy for their size, with bright, shiny skins. Avoid flabby, wrinkled or soft peppers.
- To keep bell peppers fresh longer, store them in the refrigerator crisper drawer.
- Make sure your bell peppers are dry before putting them in the fridge to prevent them from molding and becoming slimy.
- Raw bell peppers can last one to two weeks; cooked bell peppers can last three to five days.
- If you want to precut your bell peppers for easy snacking, store them in a sealed container or plastic bag with a paper towel to absorb any extra water. Cut bell peppers will last about two to three days in the fridge.
- Fresh, raw bell peppers are a great source of vitamin C, potassium, vitamin K, vitamin A (specifically red bell peppers) and fiber.
- Bell peppers are low in calories; one raw, medium-sized pepper contains about 20 calories.

Roasted Bell Pepper

Roasting brings out the natural sweetness of the bell peppers. Modify this recipe by trying other seasonings, such as oregano or dried basil.

Yield: 4 Servings

Time: 35 Minutes

Ingredients

- 4 bell peppers
- 2 teaspoons vegetable oil
- ½ teaspoon Italian seasoning
- ½ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon black pepper

Instructions

1. Wash hands with soap and water.
2. Preheat oven to 450°F.
3. Wash bell peppers and remove tops and seeds. Cut peppers in half and rub with vegetable oil.
4. Place cut side up on a rimmed baking sheet and sprinkle with Italian seasoning, garlic powder, salt and pepper.
5. Roast until peppers are tender and blistered in spots, about 30 to 35 minutes.

Source: <https://www.myplate.gov/recipes/roasted-bell-peppers>



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Savory Grilled Fruit

Yield: 8 Servings

Time: 10 Minutes

Ingredients

4 plums, halved and pitted

Source: <https://snap-ed.michiganfitness.org/wp-content/uploads/plums-family-newsletter-2016.pdf>

Instructions

1. Using covered barbeque grill, cook halved plums over medium, indirect heat for 4 minutes.
2. Turn over plums and cook for an additional 4 minutes.
3. Serve while hot.



Mac and Beans Medley

Bell peppers, tomatoes and beans add color and flavor to this meal, while the red pepper flakes add a little bit of heat.

Yield: 4 Servings

Time: 20 Minutes

Ingredients

- 4 garlic cloves
- 1 bell pepper (any color)
- 2 tablespoons cooking oil
- 1 (14.5 ounce) can tomatoes (low-sodium), diced and undrained
- $\frac{1}{2}$ teaspoon red pepper flakes (crushed)
- 1 (15.5 ounce) can beans (any type, low-sodium), drained and rinsed
- 2 cups cooked macaroni (or other pasta), without salt or fat added

Source: <https://www.myplate.gov/recipes/mac-and-beans-medley>

Instructions

1. Wash hands with warm water and soap.
2. Peel and finely chop the garlic. Core, seed, and finely chop the bell pepper.
3. Heat oil in large skillet over medium-high heat. Add garlic and bell pepper. Cook for one minute. Do not let garlic brown. Add diced tomatoes (do not drain) and red pepper flakes.
4. Cover the skillet and lower heat. Cook for 10 minutes or until sauce is slightly thickened.
5. Add beans and cooked macaroni to skillet and cook 5 minutes or until heated through.
6. Serve hot.



Eat Well

Zesty Skillet Zucchini

Tomato juice brings all of the flavors of the onion, mushrooms, tomatoes and zucchini together in this summer dish.

Yield: 6 Servings

Time: 20 Minutes

Ingredients

- $\frac{1}{2}$ cup tomato juice (low-sodium)
- $\frac{1}{4}$ teaspoon black pepper
- 1 medium onion
- 1 medium fresh tomato
- 1 cup mushrooms (canned)
- 2 medium zucchinis
- 1 teaspoon basil



Instructions

1. Wash hands with soap and water.
2. Peel the onion. Chop it into small pieces.
3. Chop the tomato.
4. Drain the water from the can of mushrooms.
5. Cut each zucchini into slices.
6. Put the tomato juice and pepper in a skillet or pan. Cook on high heat for 3 minutes.
7. Add the onion, tomato, and mushrooms.
8. Reduce the heat to medium-high. Cover and cook for 5 minutes.
9. Add the zucchini. Cover and cook for another 5 to 7 minutes.

Source: <https://www.myplate.gov/recipes/zesty-skillet-zucchini>



Bell Pepper Nachos

Try this deliciously different way to use bell peppers. Use any color of peppers and any type of beans.

Yield: 8 Servings

Time: 20 Minutes

Ingredients

- 4 bell peppers (any color)
- 1 cup salsa
- 2 teaspoons seasoning (Try a mixture of chili powder, garlic powder, ground cumin and pepper.)
- 1 cup cooked chicken, shredded or chopped (Try tofu or a combination of both.)
- 1 cup beans (any type, canned or cooked), drained
- $\frac{3}{4}$ cup cheddar cheese, shredded

Source: <https://www.myplate.gov/recipes/bell-pepper-nachos>



Instructions

1. Wash hands with soap and water.
2. Preheat oven to 350°F.
3. Wash bell peppers, remove seeds and cut into bite-sized pieces. Arrange pieces close together in a single layer on a large foil-lined baking sheet.
4. In a medium bowl, combine salsa, seasonings and meat, beans or tofu. Spoon the mixture evenly over pepper pieces. Top with cheese.
5. Bake for 15 minutes, or until peppers are heated through and cheese is melted. Serve warm.



Peppers Stuffed with Rice and Beans



These simple stuffed peppers are fun and flavorful.
Use yellow, red, green, and orange peppers for a colorful dish.

Yield: 4 Servings

Time: 60 Minutes

Ingredients

- 1 cup brown rice (uncooked)
- 1 (15 ounce) can black beans (low sodium)
- 4 bell peppers (any color)
- 1 cup cheddar cheese, shredded (reduced fat)
- 1 tomato, sliced
- 1 cup salsa
- salt (to taste, optional)

Instructions

1. Wash hands with soap and water.
2. Preheat the oven to 400°F.
3. Cook brown rice according to package directions.
4. Wash the peppers under running water.
5. Cut the tops off the peppers and spoon out the seeds.
6. Drain and rinse the black beans.
7. Combine the beans, rice, salsa, and salt if desired.
8. Spoon about 3 tablespoons of the mixture into the bottom of each pepper.
9. Place a slice of tomato on top of the mixture and sprinkle with 2 tablespoons of cheese.
10. Repeat steps 8 and 9 to fill the pepper completely, but do not top with cheese.
11. Bake peppers for 30 minutes.
12. Top each pepper with 2 tablespoons of cheese and bake for another 15 minutes.

Source: <https://www.myplate.gov/recipes/peppers-stuffed-rice-beans>

Cherry Puff Pancake

Smells of vanilla, cinnamon and fruit will fill your home after baking these cherry puff pancakes. If you don't like cherries, try using peaches, pears or blueberries.



Yield: 4 Serving

Time: 20 Minutes

Ingredients

- 3 eggs
- ½ cup fat-free milk (or 1% milk)
- 1 teaspoon vanilla extract
- ½ cup all-purpose flour
- 1 tablespoon sugar
- ⅛ teaspoon cinnamon
- 2 tablespoons margarine (or butter)
- 2 cups sweet cherries, halved, pitted (fresh or frozen, thawed and drained)
- ¼ cup sliced almonds (optional)

Instructions

1. Preheat oven to 450°F.
2. In a medium bowl or blender, beat the eggs, milk, and vanilla together until well blended.

3. Mix the flour, sugar, and cinnamon together. Add to the liquid ingredients and mix until there are no lumps.
4. Put margarine or butter in a 10- or 11-inch oven proof skillet or a 2½- to 3-quart baking dish. Place the skillet or dish in the hot oven until the margarine or butter is melted and bubbly. Remove from the oven. Quickly spread the cherries across the bottom of the hot skillet or dish.
5. Pour the batter over the cherries and sprinkle with almond slices, if using.
6. Return to the oven and bake for 15 to 20 minutes until the edges are browned and the puffs in the middle are golden. Cool slightly before cutting into 4 pieces. The center puffs will flatten during cooling.

Source: <https://www.myplate.gov/recipes/cherry-puff-pancake>

*Rinse fresh fruits
and vegetables under
running water.*



Cherry, Melon and Grape Salad

A delicious fruit salad with an added twist of cherries and coconut flakes. You will feel like you are in a tropical paradise eating this salad.



Yield: 4 Serving

Time: 15 Minutes

Ingredients

- ½ cup sweet cherries, pitted and halved
- 1 cup cantaloupe, cubed
- 1 cup green grapes (seedless), halved
- 1 medium banana, peeled and sliced
- ¼ cup orange juice (juice from ½ orange)
- ¼ cup flaked coconut (optional)

Instructions

1. Wash hands with soap and water.
2. In a large bowl, mix together the cut fruit.
3. Pour orange juice over fruit and stir in coconut, if desired.

Source: <https://www.myplate.gov/recipes/cherry-melon-grape-salad>



Spiced Plums with Yogurt

Yield: 6 Servings

Time: 10 Minutes

Ingredients

- 8 plums (ripe)
- 1 teaspoon pumpkin pie spice or cinnamon
- 2 tablespoons honey
- 1½ cups plain yogurt

Source: <https://cdn.jamieoliver.com/pdf/kitchen-garden/veg-sample-us.pdf>



Instructions

1. Use a small sharp knife to carefully cut all the way around one plum, in a circle. Twist plum until you pull the two halves apart. Use a teaspoon to scoop out the pit.
2. Slice plums into quarters and place in a bowl.
3. Sprinkle pumpkin pie spice or cinnamon over the plums and drizzle over the honey.
4. Serve with a large spoonful of yogurt.



Mushroom Quiche



Serve this dish with whole-wheat toast and 100% orange juice for a balanced start to your day.

Yield: 6 Servings

Time: 75 Minutes

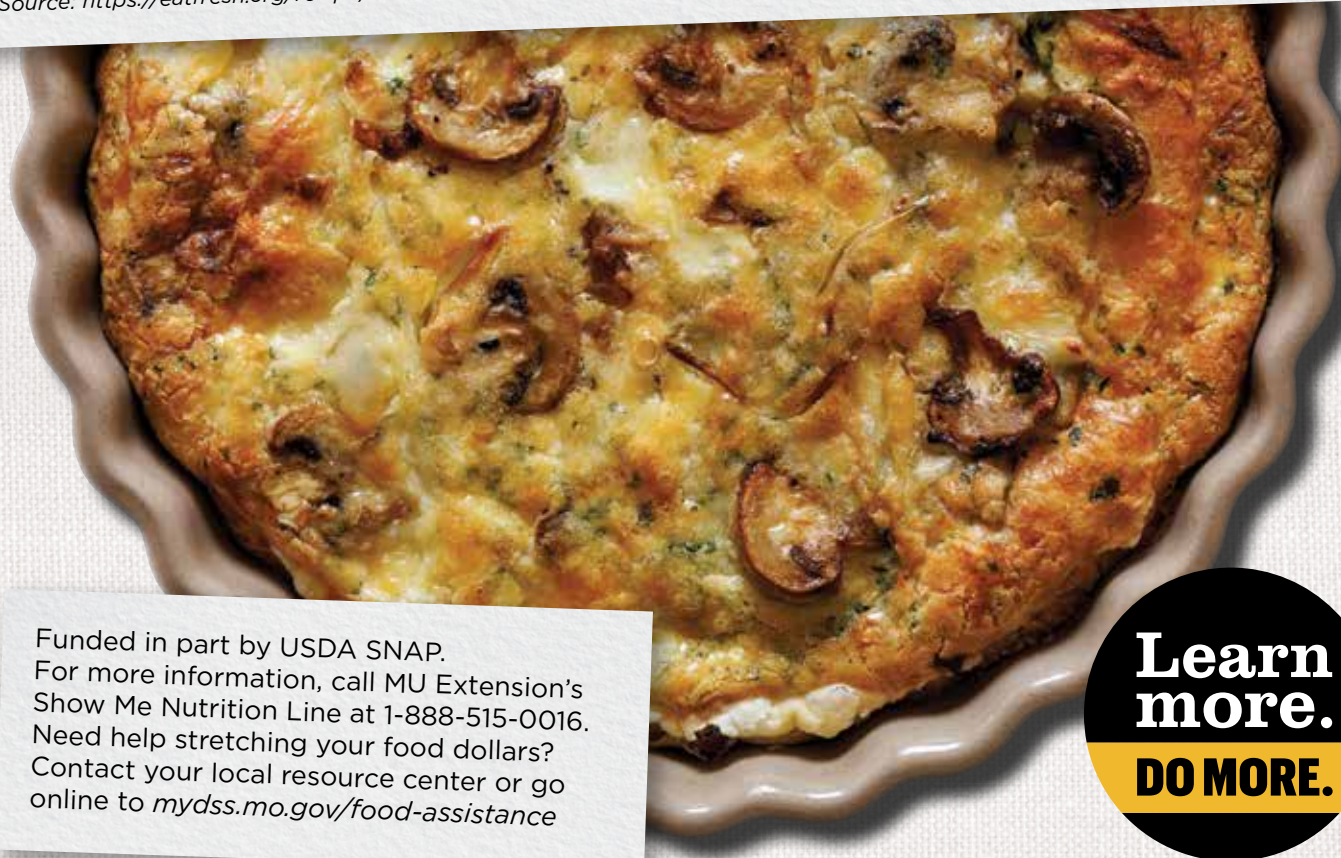
Ingredients

- nonstick cooking spray
- 1¼ cups mushrooms, sliced
- 3 green onions, finely chopped
- 1 clove garlic, finely chopped
- 1½ teaspoons oregano (dried)
- 2 teaspoons basil (dried)
- ¼ teaspoon salt
- 1 teaspoon marjoram (dried)
- ¼ teaspoon thyme (dried)
- ¼ teaspoon ground black pepper
- ½ teaspoon mustard (dried)
- 1 cup egg substitute
- ¾ cup milk (nonfat)
- ½ cup cheddar cheese, shredded (low-fat)

Instructions

1. Place an oven rack in the lower third of the oven. Preheat oven to 375°F.
2. Spray a large skillet with nonstick cooking spray and heat over medium-high heat.
3. Sauté mushrooms, green onions, and garlic until tender, about 5 minutes.
4. Stir in oregano, basil, salt, marjoram, thyme, ground black pepper, and dry mustard. Cook until liquid is evaporated, about 2 minutes.
5. Let the mushroom mixture cool for about 5 minutes.
6. In a medium bowl, combine egg substitute, milk and cheese; beat well.
7. Combine the batter with the mushroom mixture and pour into a 10-inch pie dish.
8. Bake for 35 to 45 minutes until filling is puffed, set and starting to brown. Serve while hot.

Source: <https://eatfresh.org/recipe/breakfast/mushroom-quiche/>



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