

Unscramble the words and unscramble the circled letters to answer the below.

PEPREP [] [] [] [] [] [] []
 SOYLGs [] [] [] [] [] [] [] [] []
 TEEWS [] [] [] [] [] [] [] [] []
 NGAREO [] [] [] [] [] [] [] [] []
 DOKCEO [] [] [] [] [] [] [] [] []
 [] [] [] [] [] [] [] [] []



is the antioxidant that gives the red pepper its' color.

Like green bell peppers, red bell peppers are actually a fruit commonly called a vegetable. They are native to North and South America. Red bell peppers are actually green bell peppers that were allowed to fully ripen and gain their red color and sweeter taste. They are the sweetest bell pepper due to their high sugar content.

Veggie of the Day... Red Bell Peppers!

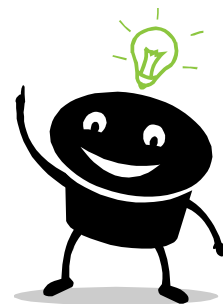
Nutrition Facts	
Serving Size 2 ounces	
Amount Per Serving	
Calories 14	Calories from Fat 2
% Daily Values*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Potassium 120mg	3%
Sodium 2mg	0%
Total Carbohydrate 3.5g	1%
Dietary Fiber 1.5g	6%
Sugars 2g	
Protein 0.5g	1%
Vitamin A 36%	Vitamin C 180%
Iron 2%	

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



Red bell peppers are large, red, glossy bell peppers that are hollow and have a dense seeded core inside. Unlike the green bell pepper, it has a tangy-sweet flavor and is used in many applications to add sweetness to a meal. Red bell peppers are great eaten raw, cooked with other foods, roasted, stuffed or even puréed.



Sweet Red Pepper Skillet

Ingredients: • 3 red peppers thinly sliced • 1 yellow pepper chopped • 1 red onion, chopped • 2 tsp minced garlic • 2 tsp extra-virgin olive oil • 2 tsp sesame oil • ¼ tsp salt • ¼ tsp black pepper

Heat olive oil and sesame oil in a large skillet over medium heat and then add the red and yellow pepper, onion, garlic, salt and black pepper. Cook and stir the mix until the peppers are cooked through; about 7-10 minutes. Serve as a side dish or entrée topper.

Did You Know ?

Red bell peppers contain lycopene, an antioxidant that gives the pepper its' color and might help humans fight certain cancers.