

HARVEST OF THE MONTH

JULY: PEPPERS

Pick a Pepper

SELECT

Select peppers that are firm and bright colored. Peppers are in season in Wisconsin July to October

STORE

Refrigerate and use within 5 days

USES

Slice peppers into strips and eat raw with your favorite dip

Roast or sauté sliced peppers and add to burritos or fajitas

Nutrition

Peppers have vitamin C. Vitamin C keeps us healthy by helping wounds heal.

Red bell peppers have twice the amount of vitamin C as green peppers.

Antioxidant help prevent chronic diseases, like heart disease



Taste Testing

Try different colors of sweet peppers, like red, yellow, orange, and green. Which is the sweetest? Which one is your favorite?



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Recipe: Stuffed Peppers

Ingredients:

- 1/2 pound ground Italian sausage, turkey sausage, or beef**
- 1 onion, chopped (about 1 cup)**
- 1 teaspoon dried oregano leaves**
- 1 can (15 ounces) spaghetti sauce**
- 3 cups cooked brown rice**
- 1 cup shredded mozzarella cheese (divided)**
- 4 green or red peppers (softball sized)**

Instructions:

- 1. Preheat oven to 350°F.**
- 2. Sauté sausage and onion in a large skillet over medium heat until browned and cooked to 155°F. Pour off any fat.**
- 3. Stir in oregano, spaghetti sauce, rice, and 1/2 cup cheese.**
- 4. Wash peppers, cut in half lengthwise, and remove seeds. Arrange in a 9x13-inch baking dish.**
- 5. Spoon sausage mixture into the peppers, mounding on the top.**
- 6. Cover with foil. Bake for 30 minutes. Remove the foil and sprinkle remaining 1/2 cup cheese on top. Continue to cook another 10 minutes.**



<https://spendsmart.extension.iastate.edu/recipe/stuffed-peppers/>



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