



Kentucky Green Peppers

Season: June through the first frost, usually September.

Nutrition Facts: Sweet peppers are low in calories, high in vitamin C, and a good source of vitamin A. One raw, medium-sized pepper contains about 20 calories. Red peppers are higher in both vitamins C and A than green peppers.

Storage: Store in the refrigerator for 3 to 5 days. Place them in the vegetable crisper or in plastic bags.

Preparation: To prepare peppers, wash carefully without bruising.

Stuffing: Peppers frequently are stuffed with vegetable or meat filling. Before stuffing, parboil for 3 to 5 minutes in boiling water. Remove the top of the pepper by cutting a thin slice at the stem. Remove seeds and membrane. After boiling, invert and drain before filling.

Raw: Slice into rings or strips.

Grilled: To grill peppers, quarter them and remove the seeds. Brush with oil and place on a hot grill for 10 minutes.

Roasting: You can use a grill or broiler or hold peppers by tongs over an open flame. Turn the peppers as they cook until they are blackened all over. Place them in a plastic bag and close tightly to let them “sweat” for 15 minutes. Open the bag; cut a slice down one side of each pepper and remove the seeds, membrane, and stems. Pull off the skin.

*Hot Pepper Heat! Capsaicin, the source of heat in a pepper, is concentrated in the inner seed-bearing membrane—not the seeds themselves. Removing the seeds and membrane will cut down the heat of a hot pepper.

Fiesta Grilled Peppers

6 assorted sweet bell or hot peppers

1 to 2 tablespoons vegetable oil

Wash and quarter peppers, removing the seeds. Brush each pepper with vegetable oil. Place peppers on grill over medium hot coals. Grill about 10 minutes or until peppers are crisp-tender and slightly charred.

Yield: ½ cup.

Nutritional Analysis: 50 calories, 1 g protein, 6 g carbohydrate, 2 g fiber, 3 g fat, 0 mg cholesterol, 0 mg sodium.

Prepared by Sarah Ball Brandl, Family and Consumer Sciences, Limited Resource Audience Program Coordinator, Robinson Station. Adapted from Kentucky Peppers (FSHE-14), University of Kentucky.

For more information, contact your county's Extension agent for Family and Consumer Sciences or visit the Web site for Family and Consumer Sciences, College of Agriculture, University of Kentucky, at <www.ca.uky.edu/agcollege/fcs>.