

How to Cut a Bell Pepper



1. Cut a circle around the top of the pepper, following the top edge all the way around.
2. Pull the top of the pepper off by the stem. Shake out any seeds that remain inside the bottom part of the pepper.
3. Look at the inside of your pepper. Find the white colored ribs or grooves in the inside of the pepper. This is the area you want to slice. Slice down the middle of each rib or groove.
4. In the end, your pepper should be in 3-4 pieces now, depending on how many ribs it had.
5. Pull the white edges off with your fingers or trim them off with a knife.

This information was adapted from Utah State University Extension and Nutrition and Food Sciences Department

Pepper your table with some outstanding recipes

Red Pepper Omelet

2 eggs, beaten
1/2 red bell pepper (medium) chopped
1 green onion, chopped
1 tablespoon Mozzarella cheese
Cooking spray

Coat the pan with cooking spray. Heat pan on low-medium heat. Add egg to pan. Allow egg to cook until almost set. Flip the egg over. Add bell pepper, green onions, and mozzarella into the middle of the egg patty and fold in half.

Black Bean and Sweet Potato Stew

2 Tbsp olive oil
2 tsp chili powder
2 C orange juice
Salt and pepper
2 C finely chopped onions
1 1/2 teaspoon ground cumin
1 Tbsp minced garlic
2-3 chopped red peppers
2 Tbsp minced ginger (optional)
1 1/2 lb, 1" cubed, peeled sweet potatoes
2 (15 oz.) cans black beans, rinsed, drained
1 small can diced green chilies



1. Heat oil in heavy large pot over medium heat. Add onions and sauté until tender, about 10 minutes. Add ginger, chili powder and cumin and stir 2 minutes.
2. Add sweet potatoes, orange juice, and garlic and bring to a boil. Reduce heat, cover and simmer until sweet potatoes are almost tender, about 10 minutes, adding more liquid as needed. Stir beans, chilies, and bell pepper into sweet potato mixture. Cover and simmer until tender, about 15 minutes longer. Season to taste with salt and pepper.
3. Serve with polenta, rice or cornbread.

Simple Sautéed Peppers and Onions

1-2 T olive oil
3-4 large red and green bell peppers, stemmed, seeded, and cut into thin strips
1-2 large onions cut into thin strips
Salt and pepper to taste

Place oil in a large, deep skillet and turn heat to medium-high; one minute later, add peppers and onions. Cook, stirring occasionally, until peppers and onions are lightly browned and very tender. Season with salt and pepper.
*Add to pasta, fajitas, breakfast burritos, hamburgers, hot dogs, or mix with other vegetables for a delicious side dish.