

# BELL PEPPERS



## HOW TO USE

Add raw bell pepper slices to a sandwich for some extra crunch; add them to a vegetable stir fry; add chopped raw bell peppers to a green salad; Bell pepper slices are great for dipping!

## STORAGE

Keep them in the refrigerator for up to 5 days.

## HELPS SUPPORT

Immune system, digestion, and vision.

## COLORS

Red, yellow, orange, and green.

# MINI BELL PEPPER PIZZA

Serves: 6 | Prep time: 20 minutes

## INGREDIENTS

- 6 whole grain english muffins
- 1 bell pepper, chopped into bite size pieces
- 2 cups sliced mushrooms
- 1 red onion, sliced
- 2 tbsp. olive oil
- 3/4 cup shredded cheese (mozzarella or cheddar are good options)
- 3/4 cup tomato sauce

## DIRECTIONS

1. Heat the oven to 450 degrees Fahrenheit.
2. Slice the English muffins in half and place them on a large ungreased baking sheet. Bake in oven for 3-4 minutes.
3. Cook the bell peppers, onions, and mushrooms in 1 tbsp. of oil on the stove for 5 minutes.
4. Spread the tomato sauce on the English muffins.
5. Top with the vegetables and shredded cheese.
6. Bake them again for 7-12 minutes or until the cheese has melted.



Photo: Share our Strength's Cooking Matters

Adapted from Share our Strength's Cooking Matters® [www.cookingmatters.org](http://www.cookingmatters.org)



CALIFORNIA ASSOCIATION  
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Funding provided by the California Department of Food  
and Agriculture's Specialty Crop Block Grant Program.

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