

BELL PEPPERS



HOW TO USE

Add raw bell peppers and onions to a cold pasta salad for some flavorful crunch; Add it to your favorite pizza; Cut it in half, stuff it with some baked beans, cooked rice, lean ground meat and top with low fat shredded cheese for delicious stuffed bell peppers.

STORAGE

Keep it in the refrigerator for up to 5 days.

HELPS SUPPORT

Immune system, digestion, and vision.

FRESH VEGGIES AND DIP

Serves: 4

Preparation Time: 10 minutes

INGREDIENTS

- 1/2 cup plain low fat yogurt or fat free sour cream
 - 1/3 cup prepared salsa
 - 1/4 teaspoon salt
 - 3 bell peppers, carrots, celery stalks, or other vegetable good for dipping
- Optional
- 1/4 teaspoon garlic powder



Photo: CDPH's NEOPB

INSTRUCTIONS

1. Mix the low fat yogurt or sour cream, salsa, salt, and garlic powder (optional) in a small bowl.
2. Cut vegetables into strips, and serve them with the dip.

Adapted from the California Department of Public Health, Nutrition Education and Obesity Prevention Branch via EatFresh.org