

# BELL PEPPERS



## HOW TO USE

Chop it and add it to pasta sauce, salad, or quesadilla; cut it into small pieces as a healthy snack.

## COLORS

Green, red, yellow, orange.

## STORAGE

Keep it in the refrigerator for up to 5 days.

## HELPS SUPPORT

Immune system, digestion, and vision.

## ROASTED BELL PEPPERS & BEANS

Serves: 2

Preparation Time: 30 minutes

### INGREDIENTS

- 1 medium bell pepper
- 2 cups cooked or canned beans, drained and rinsed
- 1 teaspoon red chili peppers, crushed
- 1 teaspoon oil



*Photo: Champions for Change Program*

### INSTRUCTIONS

1. Preheat oven to 350°F.
2. Cut bell peppers into bite sized pieces, and take out the seeds. Put on baking sheet, and lightly coat with oil. Roast in oven for 15 minutes, then let cool.
3. In a medium saucepan, mix all ingredients. Cook over medium heat for 10 minutes.

*Adapted from the Champions for Change Program*