

# 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 it in the refrigerator for up to 5 days.

## HELPS SUPPORT

Immune system, digestion, and vision.

# BARBECUE CHICKEN PIZZA

Serves: 12

Preparation Time: 15 minutes

## INGREDIENTS

- 6 English muffins or 12 slices of bread
- 1 bell pepper, chopped into bite-sized pieces
- 1 1/2 cups chicken or other lean meat\* cooked and cut up
- 3/4 cup shredded cheddar or mozzarella cheese
- 3/4 cup barbecue sauce

\* This can be substituted with a vegetarian protein option like beans or tofu



## INSTRUCTIONS

1. Heat the oven to 450 degrees Fahrenheit.
2. Slice the English muffins in half, if you're using them, and then place them on a large, ungreased baking sheet.
3. Cut up the bell pepper into bite-sized pieces.
4. Spread the barbecue sauce on the English muffins or slices of bread to within 1/4 in of the edges.
5. Top with the chicken (or other lean protein), cheese, and bell pepper.
6. Bake them for 7 to 12 minutes or until the cheese is melted.

*Adapted from Texas Cooperative Extension, The Texas A&M University System, Expanded Nutrition Program via What's Cooking? USDA Mixing Bowl*