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### Did you Know...

Red bell peppers are the sweetest because they've had the most time to ripen.

Tomatoes aren't always red; they can be yellow, pink, purple, black, and white.

## EAT WELL, AGE WELL. August – Peppers and Tomatoes

Peppers come in a variety of colors, shapes, sizes, and flavors. Bell peppers (yellow, green, orange, red, and even purple) are great additions to salads, soups, and pasta dishes. Hot peppers (jalapeños, serranos, and habaneros) provide extra spice and heat to dishes. They contain varying amounts of capsaicinoids (phytochemicals) which are responsible for the spiciness in hot peppers. Peppers are rich in potassium and vitamins A, C, and K.

- **Storage:** Peppers should be kept in a plastic bag inside the vegetable drawer of a refrigerator. Don't wash them before placing them in the refrigerator. They may also be canned, frozen, or pickled.
- **Preparation:** Bell peppers may be steamed, grilled, stuffed, roasted, air-fried, or eaten raw. Hot peppers can be roasted, grilled, stuffed, or eaten raw. ***Always use caution with handling hot peppers to avoid skin, mouth, and eye irritation.***

Tomatoes are a major source of lycopene, an antioxidant that has been correlated with improved health outcomes including reduced heart disease and cancer. Although they are generally eaten and prepared with vegetables, tomatoes are technically a fruit.

- **Storage:** For more freshness, store stem-side down on paper towels in an open container. Ripe tomatoes can last a few days.
- **Preparation:** Can roast, grill, pan-fry, and stew tomatoes.

# Pico de Gallo

## Ingredients

- 2 large tomatoes, diced
- ¼ onion, minced
- 1 serrano pepper, remove seeds and mince
- ¼ cup cilantro, chopped
- 2 tbsp lime juice
- ¼ tsp salt

## Instructions

1. Wash hands with soap and water.
2. In a large bowl, combine all ingredients.
3. Serve immediately.
4. Store leftovers in the refrigerator within 2 hours of preparing.

## Notes

- If you're out of serrano peppers, jalapeño pepper or any other hot pepper may be a great substitute.
- The leaves and stems of cilantro can be chopped to add more flavor to the dish.
- Pico de Gallo can be added to rice or quinoa, eggs, soup, salad, pizza, and baked potatoes.



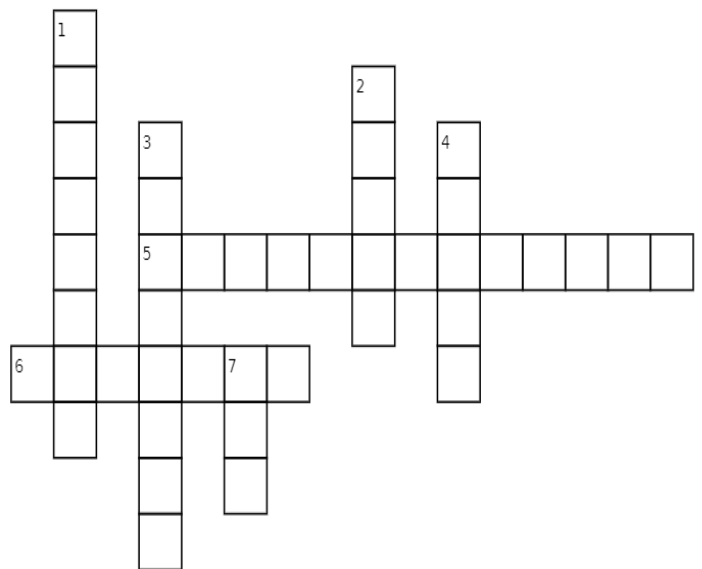
Check out more Recipes at: <https://foodhero.org/healthy-recipes-search>

## Down:

1. Should be placed stem-side down for more freshness.
2. Peppers are vegetables while tomatoes are classified as \_\_\_\_\_.
3. Tomatoes are a major source of \_\_\_\_\_.
4. Cooking style of tomatoes and peppers.
7. Among all the bell peppers, the \_\_\_\_\_ ones are the sweetest.

## Across:

5. A compound that is responsible for the spiciness in hot peppers.
6. Don't wash this vegetable before storing it in the refrigerator.



Down: 1. Tomatoes 2. Fruit 3. Lycopene 4. Grill 7. Red  
Across: 5. Capsaicinoids 6. Peppers