


# Food for Health: Bell Peppers

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The locally sourced items available through Sprout can benefit individual health and promote environmental and economic health in the community.



Bell peppers, or sweet peppers, have been cultivated for over 9000 years. They originated from Central and South America. Now, bell peppers are used in virtually every cuisine.

The food system is a complex network of activities involving the production, processing, transport, consumption, and disposal of food. Buying local products simplifies the food system and ensures the highest quality of product. It also improves local food access and supports families in the community.

Although typically thought of as vegetables, bell peppers are actually fruit. They come in a rainbow of colors: red, green, yellow, orange, purple, dark brown, and cream.

Bell peppers change colors and sweeten as they ripen. Green peppers turn to yellow, orange, and red as they ripen.

Bell peppers are a great source of fiber, potassium and vitamins A, C, and B6. Vitamin C is necessary for the development and repair of cells.

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"Eating is an agricultural act."  
- Wendell Berry, author, food  
activist, and farmer

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## Salsa Stuffed Bell Peppers

### Directions

1. Roast sweet potatoes with oil at 425 F for 20 minutes.
2. Sauté onions, corn, and black beans in oil and seasonings.
3. Combine all ingredients and stuff each half of bell pepper with the mixture. Bake at 350 F for 30 minutes. Sprinkle tops with extra cheese and bake for another 15 minutes.
4. Top with sour cream, hot sauce, or salsa and enjoy.

Green and purple bell peppers have a slightly bitter, grassy flavor, while orange, red, and yellow peppers are sweet

### Ingredients

#### Stuffed Peppers:

- 4 bell peppers, cut in half and cored
- 2 Tbsp sunflower oil
- 1 sweet potato, diced
- 1 onion, diced
- 1 corn, cut off cob
- 1 10 oz can black beans, rinsed
- 2 cups brown rice or quinoa, cooked
- 1 cup salsa
- 1/4 cup cilantro
- Salt and pepper to taste
- 2 cup Mexican cheese

Selection: Select colorful, taut, glossy peppers

Storage: Refrigerate whole with stem intact

To learn more, visit the Sprout website at [www.sproutmn.com/recipes](http://www.sproutmn.com/recipes).

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