



## Pepper Recipes

- Bell Peppers
- Jalapeño Peppers

### Bell Peppers

**Bell Peppers** come in red, green, yellow and orange. Each color has its own flavor. Green peppers typically have a spicy and aromatic flavor. They are perfect for hot dishes such as stews, casseroles, or pasta sauces. The green peppers are actually unripe red, yellow, or orange peppers. Red peppers combine the sweetness of yellow and orange peppers with the spiciness of the green. They are suitable for most dishes or can be eaten raw, sliced into strips or in a salad or sandwich. They're great for hot dishes including sauces, soups, stir-fries, casseroles, or stews. The yellow bell peppers are soft and sweet. They are often used in salads but could also be delicious in hot dishes as well. They are great stuffed and baked with other vegetables, grilled, or in a stir-fry. Children tend to typically enjoy this flavor of bell pepper the most.

#### Roasted Bell Peppers

- Red Peppers

**Instructions:** Cut the red pepper in half, remove the stem and seeds. Place the red peppers on baking sheet with the cut side facing down. Preheat the oven to 450F and then change it to broil. Place the baking sheet on the top shelf in the oven and broil until the outer layer of the skin has blackened, about 10-20 minutes. Place the peppers in a zip-lock bag or other sealable container, seal, and let them cool until you can handle them, about 20 minutes. Remove the skins from the peppers. The skins should easily "pinch" off.

#### Sautéed Bell Peppers & Onions

- 3 Red/Green/Yellow Bell peppers, sliced
- 1 Red/Yellow Onions, sliced
- 1 tbsp olive oil
- Salt, Black Pepper, and Chipotle Powder to taste

**Instructions:** In a large skillet, heat oil over medium-high heat. Add bell peppers and onions; cook for about 10 minutes until vegetables are soft: stir occasionally. Season with salt, black pepper, and chipotle powder. Serve warm with your favorite sides.

### **Classic Stuffed Peppers**

- ½ lb ground beef or turkey
- ⅛ tsp garlic powder
- ⅓ cup onion
- 15 ounces of tomato sauce
- 1 cup brown or white rice; cooked
- ⅛ tsp black pepper
- ⅛ tsp salt
- 4 very large green bell peppers or about 5 small ones

**Instructions:** Cut the tops off the peppers and remove the seeds. Place the peppers in a large saucepan and cover with water. Bring to a simmer and cook 3 minutes, just until the peppers are slightly soft. Drain, rinse with cool water and set aside on paper towels to drain. In a skillet, heat the ground beef and onion and cook until no pink remains. Drain. Add the salt, pepper, rice, garlic powder, and half of the tomato sauce. Stir well and spoon into the peppers. Top with the other half of the tomato sauce. Bake in an ungreased dish at 350F for 25-30 minutes. Serve warm.

### **Tomato, Bell Pepper, Onion, Zucchini Frittata**

- ½ cup onion
- ¾ cup red bell pepper
- 1 tomato, medium
- 1 zucchini, small
- 10 eggs, large
- Salt & pepper
- 1 ½ tbsp olive oil
- 1 cup fontina cheese
- 2 tbsp half and half or cream

**Instructions:** Preheat oven to 425F. Whisk the eggs and half and half together in a bowl until frothy. Set aside. Heat the olive oil in an oven-proof, 10-inch, nonstick skillet over medium heat. Add the onion and sauté until soft and translucent, 3 to 4 minutes. Add the bell pepper and zucchini and continue cooking until the vegetables are tender, 3 to 4 minutes longer. Season to taste with salt and pepper. Add the tomato and continue cooking until slightly softened, then taste and adjust the seasoning as needed. Distribute half the cheese over top of the vegetables, then stir in the eggs. Using a rubber spatula, continue to stir and scrape the bottom of the pan until the eggs form large, wet curds, 2 to 3 minutes. Smooth the mixture so its evenly distributed in the pan and stop stirring for about 30 seconds to allow the bottom to set. Sprinkle with the remaining cheese. Bake until the cheese has melted and the frittata is slightly puffed and golden, 5 to 7 minutes. Remove from the oven and let stand for about 5 minutes. Use the spatula to loosen the frittata around the edges and gently slide into a serving platter. Cut into wedges and serve immediately.

### **Ratatouille with Eggplant, Tomatoes, Peppers and Herbs**

- 2 tablespoons olive oil
- 2 cloves garlic (crushed and minced)
- 1 large yellow onion (trimmed, quartered, and thinly sliced)
- 1 small eggplant (washed, trimmed, and cubed)
- 2 green bell peppers (washed, trimmed, and coarsely chopped)
- 4 large tomatoes (washed and coarsely chopped, or 2 (14.5-ounce) cans diced tomatoes)
- 3 to 4 small zucchini (washed, trimmed, and cut into 1/4-inch slices)
- 1 medium bay leaf
- 1 teaspoon dried leaf basil
- 1/2 teaspoon dried leaf oregano
- 1/4 teaspoon dried leaf thyme
- 2 tablespoons chopped fresh parsley

**Instructions:** Gather the ingredients in a 4-quart Dutch oven or saucepan, heat olive oil over medium heat. Add garlic and onions and cook, stirring often, until softened, about 6 to 7 minutes. Add eggplant and stir until coated with oil. Add peppers and stir to combine. Cover and cook for 10 minutes, stirring occasionally to keep the vegetables from sticking. Add tomatoes, zucchini, bay leaf, and herbs, and mix well. Cover and cook over low heat, about 15 minutes, or until the eggplant is tender but not too soft. Serve hot as a side dish or vegetarian/vegan main course and enjoy.

### **Cucumber Salsa**

- 2 medium cucumbers, peeled, seeded and chopped
- 2 medium tomatoes, chopped
- ½ cup green bell pepper, chopped
- 1 jalapeno pepper, seeded, minced
- 1 small onion, chopped
- 1 clove garlic, minced
- 2 tbsp lime juice
- 1 tsp fresh parsley, minced
- 2 tsp fresh cilantro, minced
- ½ tsp dried dill weed
- ½ tsp salt

**Instructions:** In a medium bowl, stir together all ingredients. Cover and refrigerate at least one hour. Serve with tortilla chips.

### Easy Bell Pepper Salsa Recipe

- 4 large tomatoes
- 1 large sweet onion, or about 2 cups chopped onion
- 1 large orange bell pepper
- 1 large yellow bell pepper
- 2 cups chopped cilantro
- ½ tsp. Ground black pepper
- 2 tbsp. Lemon juice
- ½ tbs. Salt
- Cayenne pepper, to taste

**Instructions:** This is a meditative recipe- meaning, a lot of chopping. Dice the tomatoes, onion, and bell peppers and add to a large mixing bowl. Chop the cilantro and add as well. Add the black pepper, lemon, sea salt, and cayenne pepper, and adjust to taste. Serves about 6.

### Smoky Four-Pepper Salsa

- 8 ripe tomatoes
- 1 tbsp olive oil
- 4 poblano peppers
- 4 Anaheim chile peppers
- 1 jalapeño pepper or more to taste
- 1 large bell pepper
- 2 tbsp chopped cilantro
- 2 tbsp white vinegar
- ¼ onion
- 2 cloves garlic
- 2 tsp salt

**Instructions:** Preheat outdoor grill for medium heat. Rub tomatoes with oil and grill for 10 minutes, turn. Place poblano, Anaheim, jalapeño chiles, and the green pepper on the grill. Grill 5 to 7 minutes per side, being careful not to let them burn. The skins should blister and brown. Remove tomatoes to a separate bowl. Place the chiles and pepper in an airtight container to let them steam while they cool so they're easier to peel. Peel tomatoes and drain excess liquid. Peel and seed peppers. Place the tomatoes, chiles, green pepper, cilantro, vinegar, onion, garlic, and salt in the container of a food processor. Pulse 4 or 5 times. Add more jalapenos if desired. Pulse until salsa is as chunky or smooth as you like.

# Jalapeño Peppers

**Jalapeño peppers** have a vegetal flavor similar to a green bell pepper and a front-of-mouth heat effect. The spiciness can vary widely among individual peppers. Jalapeños are picked green and generally used in this unripened state. They can make a great addition of flavor and spice to several dishes, can be roasted in the oven, or combined with other vegetables to make salsas. The oils from jalapeños can get onto your skin, causing a burning sensation. It is good to wear protective gloves when cooking with jalapeños and to avoid any contact with the eyes.

## Fried Jalapeños

- 8 large jalapeños
- 1 cup flour
- 2-3 cups cooking oil, for frying
- Salt or other flavored salt to taste, for finishing

**Instructions:** Wear protective kitchen gloves before handling the jalapeños. Slice the jalapeños in thin rings (about  $\frac{1}{8}$  inch) and clean out the inside ribs and part (or all) of the seeds with a small spoon. Alternatively, use a jalapeño corer to remove the seeds and ribs and then slice in rings. Set them aside in a bowl. Bring cooking oil to 350F. Use a deep pot or fryer. Using a small strainer dust flour (pretend you are sifting) over the jalapeño rings to coat them with flour. Alternatively, place the flour in a bowl and add a heaping handful of jalapeño rings at a time to coat well with flour. Work in batches either way. Add each batch of flour coated jalapeños to the cooking oil and fry until they begin to turn golden. Remove immediately and drain onto a paper towel lined plate. Allow to drain for half a minute before sprinkling with hops (or other flavored salt). Proceed with coating the next batch with flour and ensure the cooking oil is 350F before frying them. Continue the steps until you have worked through all the jalapeños.

## Quick 10 Minute Pickled Jalapeños

- 1 cup white vinegar
- 1 cup water
- 2 cloves garlic smashed
- 2 tbsp sugar
- 1 tbsp salt
- 7-8 jalapeños thinly sliced

**Instructions:** Combine the vinegar, water, garlic, sugar, and salt in a medium pot and bring to a boil. Add jalapeño slices, stir, and remove from heat. Let sit for at least 8 minutes then use tongs to remove the jalapeños from the pot to a jar; cover with the brining liquid to fill the jar. Store in the fridge for up to two months.

### **Simple Chunky Salsa**

- 2 tbsp cilantro, fresh leaves
- 1 jalapeño pepper, fresh
- 1 small lime
- 1 onion, medium
- 4 tomatoes, medium very ripe
- ½ tsp salt
- ½ tsp pepper
- ½ tsp granulated sugar

**Instructions:** In a bowl mix together the tomatoes, jalapeño pepper, cilantro, onion, sugar, and salt and pepper. Combine well. Add the juice; cover and refrigerate for 4-5 hours before serving.

### **Candied Jalapeños/Cowboy Candy**

- 2 ½ cups jalapeños, fresh
- 1 cup sugar
- ½ cup water

**Instructions:** Slice jalapeños into rounds. Remove the seeds if you don't want them extra spicy. If you want them extra spicy, leave the seeds. I would suggest wearing gloves during this part. Place jalapeños in a small saucepan. Add water and sugar. Cook over medium/high heat until boiling. Reduce temperature and simmer until the liquid has reduced and looks like syrup, stirring occasionally. This takes approximately 30 minutes to 1 hour. Let cool and place in jar. Store in refrigerator.