



BENEFITS

Because they add a splash of colour to your plate!

All bell peppers start out green and change their colour, taste and texture during ripening. The red pepper is sweeter than the green pepper. Yellow and orange peppers are particularly tender and juicy. And lately, new varieties have been showing up on shelves in unique colours like purple, brown, white and black.

More colour means more vitamins!

All peppers are an excellent source of vitamin C and A, but the red ones have higher concentrations than the green ones. Even when cooked, bell peppers continue to offer substantial amounts of vitamins.



WHY EAT LOCAL?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.



BELL PEPPER AND CHICK PEA SALAD

Portions: 4  15 min

Ingredients

- 1 to 2 limes (juice and zest)
- 5 ml (1 tsp) cumin
- 5 ml (1 tsp) honey
- 60 ml (1/4 cup) olive oil
- 1 yellow pepper, diced
- 1 red pepper, diced
- 1 green pepper, diced
- 500 ml (2 cups) canned chick peas, drained
- 60 ml (1/4 cup) fresh coriander, chopped
- Salt and pepper to taste

Directions

- In a bowl, mix together the lime juice and zest, cumin, honey and olive oil.
- Add the remaining ingredients and toss to combine.
- Season to taste.

Source: Julie Strecko, RD



CHEESE AND ROASTED RED PEPPER PASTA

Portions: 4  15 min  30 min

Ingredients

- 2 red peppers, halved
- 120 ml (1/2 cup) goat cheese and/or ricotta cheese
- Salt and pepper to taste
- 300 to 400 g pasta of your choice

Directions

1. Preheat the oven to broil. Broil the peppers until the skin blackens. Let cool. Peel and remove the seeds.
2. In the blender, purée the peppers and cheese.
3. Season to taste.
4. Cook the pasta al dente in boiling water.
5. Serve with the sauce.

Source: Julie Strecko, RD



Tip!

The easiest way to drain chick peas is to use a strainer.

BONUS - REMOVING THE SKIN FROM PEPPERS

Brush the peppers with olive oil and place on a baking sheet. Broil them in the oven for about 10 min (turn mid-way) until the skin blackens and blisters. Transfer them from the oven to a bowl and cover with plastic wrap. The steam will cause the skin to loosen. Peel and remove the seeds once the peppers are lukewarm.