

Harvest of the Month

August
Bell Peppers



PEPPER POWER MEDLEY

Serve this powerhouse of flavor, color and nutrition chilled with salad greens or as a warm side-dish.

Ingredients

- 2 Tbsp. Olive oil
- 1 -2 zucchini, sliced
- 3-4 large sweet red, yellow, orange or green peppers, sliced
- 1 cup red cabbage, sliced
- 4 tsp. apple cider vinegar (or other variety)
- Salt and pepper to taste
- 1 Tbsp. chopped fresh basil or Thyme leaves
- Optional- For a spicy kick, add 2 teaspoons Thai curry paste- green or red

Directions:

1. In a large skillet heat the oil until hot. Add the zucchini and peppers. Cook over medium heat, stirring for about 5 minutes.
2. Add the cabbage, vinegar and salt/pepper. Continue to cook for about 5 minutes longer or until the vegetables are tender crisp.
3. If desired, add fresh minced herbs and 1-2 tsp. Thai curry paste.
Make 4-6 servings ½ c. ea. Approx. 60 Calories, 5g Fat, 5 g Carb., 2g Fiber, 1g Protein

B-WELLthy Choices.
Good taste. Good health.



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Per 1/2 c. Serving



Nutrition Facts

servings per container	
Serving size	(113g)
Amount per serving	
Calories	60
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 0mg	0%
Potassium 180mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

