

Enjoy Farmers Market Produce



## Peppers

Peppers - red, green, yellow, or orange; mild to hot - are very rich in vitamin C. They are also a good source of vitamin A and potassium. They are delicious raw or cooked.

### Pepper Medley

- 2 Tablespoons oil
- 1 pound zucchini, sliced
- 2 sweet red peppers, diced
- 2 green peppers, diced
- 2 large carrots, sliced
- 2 cups red cabbage, sliced
- 4 teaspoons vinegar
- Salt and pepper to taste

1. In a large skillet, heat the oil until it is hot. Add the zucchini, red and green peppers and carrots. Cook the vegetables over medium heat for about 5 minutes, stirring often.
2. Add the cabbage, vinegar, salt and pepper. Continue to cook until the vegetables are tender, about 5 minutes.

### Other ways to enjoy peppers

- Slice raw with dip
- Stir fry with other vegetables and chicken
- Stuff and bake with meat or beans and cheese

Adapted from Using Fresh Ingredients from the Farmers' Market, Minnesota Department of Agriculture.



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