

Pick a **better snack**[™] – THE COLOR WAY

HOT PEPPERS

Wash. Cut. Remove seeds. Eat. How easy is that?



If you enjoy the fiery flavor of hot peppers, you can also enjoy the benefits of a rich source of vitamin C. The heat comes from the compound called capsaicin. The capsaicin is concentrated in the pepper's interior walls or ribs. Soil, climate and maturity as well as variety determine how hot a pepper is. A pharmacist named Wilbur Scoville developed a scoring system measuring the amount of capsaicin in peppers. Sweet bell peppers have a score of zero; poblano – 1000 to 1500; jalapeno – 2500 to 5,000; Serrano – 10,000 to 23,000; and habaneros 200,000-300,000. Fresh peppers should be well shaped, firm, and glossy. Store unwashed chili peppers wrapped in paper towels in the refrigerator up to 3 weeks. Do NOT store in a plastic bag as it will trap moisture and hasten spoilage. Wash chilies just before using.

VEGETABLE QUESADILLAS

Combine ¼ cup grated carrot, ¼ cup grated zucchini squash, 1 Tablespoon green onion, 1 Tablespoon (or more) chopped hot peppers and 1/3 cup cheddar cheese. Divide mixture between two flour tortillas. Fold each tortilla in half and cook till heated through in tabletop clam-shell grill. Serve with salsa.

Include **GREEN** fruits and vegetables in your low-fat diet to maintain:

- Vision health
- Strong bones and teeth
- A lower risk of some cancers

Include **RED** fruits & vegetables in your low-fat diet to maintain:

- A healthy heart
- Urinary tract health
- Memory function
- A lower risk of some cancers

Including **YELLOW/ORANGE** fruits and vegetables in your low-fat diet helps maintain:

- A healthy heart
- Vision health
- A healthy immune system
- A lower risk of some cancers

Pick a **better snack**[™] was developed in partnership with the Iowa Nutrition Network, Iowa State University Extension, and the USDA's Food Stamp Program and Team Nutrition - equal opportunity providers and employers. For more information, visit the Iowa Department of Public Health web site www.idph.state.ia.us/pickabetersnack or Iowa State University Extension web site www.extension.iastate.edu/food. For more information about 5 A Day the Color Way[™], visit www.5aday.com.