

# Pick a **better snack**<sup>™</sup> – THE COLOR WAY

## PEPPERS

Wash. Slice. Eat. How easy is that?



All bell peppers are green when fully developed but immature. Allowed to continue ripening on the vine, most turn red when fully ripe, but some turn yellow, orange, purple or brown (also called chocolate). Both yellow and red peppers contain more than twice the amount of vitamin C found in green peppers. Select peppers that are well-shaped, firm and glossy. Sweet peppers are also available in the freezer section of the grocery store.

### QUICK CORN CHOWDER (MAKES 5 1 CUP SERVINGS)

- 1 24 ounce bag frozen kernel corn
- 1 14-ounce can low salt chicken broth
- 1 Tablespoon. Margarine
- ½ cup frozen chopped onion
- ½ cup fresh or frozen red & green bell pepper, chopped
- 1 Tablespoon. flour
- 1 cup frozen cubed potatoes (Southern style)
- 1 12 ounce can evaporated skim milk
- ½ teaspoon Cayenne pepper; Salt to taste
- 2 Tablespoons bacon pieces

Cook corn in broth using either the microwave or stovetop. In a 3 quart saucepan, melt margarine and sauté onions and peppers until tender – about 5 minutes. Sprinkle flour over vegetables and stir to combine with margarine. Strain corn and broth. Add broth to pepper and onions. Heat to boiling; reduce heat and simmer until thickened – about 5 minutes. While broth is thickening, puree half the corn in a food processor until smooth. Once the broth is thick, add the whole corn, pureed corn, potatoes and evaporated milk. Stir. Season with cayenne, and if desired salt. Heat. Serve garnished with bacon pieces.

### LAURA'S SWEET PEPPER EGG SPECIAL

Prepare scrambled eggs as usual. When almost thoroughly cooked, add ¼ cup chopped sweet peppers. Cook 1 minute longer. Transfer to plate; top with one tablespoon shredded cheddar or mozzarella cheese.

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 a variety of **RED** fruits and vegetables in your low-fat diet to help 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**<sup>™</sup> 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/pickabettersonack](http://www.idph.state.ia.us/pickabettersonack) or Iowa State University Extension web site [www.extension.iastate.edu/food](http://www.extension.iastate.edu/food). For more information about 5 A Day the Color Way<sup>™</sup>, visit [www.5aday.com](http://www.5aday.com).