

April Vegetable - Baby Peppers

Fun Facts

- These peppers are grown from a bush.
- They are popular due to their small size, bright colors, and sweetness!
- These peppers are grown in Western Mexico, California, and Florida.
- Baby Peppers contain Vitamin C, Vitamin A, Potassium, and Fiber!



Growing Baby Peppers!

Stuffed Baby Peppers



Recipe

8 oz Baby bell peppers (8-12 whole baby peppers)
7 oz Cream Cheese
1 Tbsp Everything bagel seasoning (or more to taste)

Cut the mini bell peppers in half and remove the seeds.

Fill the pepper halves with cream cheese. Sprinkle with everything seasoning.

Enjoy!

Recipe via wholesome yum.com

