

April Vegetable – Bell Peppers!

Did you know?

- Bell peppers are also called sweet peppers because they lack capsaicin (what makes other peppers so spicy)
- If left on the vine, green peppers eventually become red peppers, that's why colored peppers tend to cost more (they take more time to be produced)
- Just one red bell pepper provides over 300% of our daily value of Vitamin C!



Roasted Red Pepper Hummus!

Hummus Recipe

- 2 red bell peppers (roasted on grill or stove)
- 15oz can chickpeas (drained and rinsed)
- 3 tablespoons lemon juice
- 3 tablespoons tahini
- 1 clove garlic (minced)
- 2 tablespoons olive oil
- 1/4 teaspoon cumin
- Salt to taste

Combine all ingredients in a food processor and pulse until smooth - enjoy!



Delicious PSD Veggie and Red Pepper Hummus Box!