

# Peppers: Too Good To Waste



**Store:** Refrigerate in a sealed bag in a high humidity crisper drawer. Green bell peppers may keep longer. Wash immediately before using.



Freeze in an airtight bag. Lay fresh, cut segments flat to freeze or roast and seed before freezing.

**Cook:** Eat raw, sautéed, grilled or roasted. Stir-fry 3-5 min. in broth or oil or stuff with your favorite ingredients and bake.

**Use it up:** Add to sandwiches, salads, egg dishes or stir-fry. Steam and puree to make soup or a sauce for meat or pasta ... and compost the rest.



Developed by  
LiveWellSD.org

Funded in part by the Centers for Disease Control and Prevention and in part by USDA SNAP-Ed, an equal opportunity provider and employer.