

# Hot Peppers

## Storage

Store in refrigerator crisper drawer for up to a week. You can also dry peppers by hanging them in a warm, dry place.

## Nutrition

Hot peppers have anticancer and anti-inflammatory benefits which boost the immune system and the digestive system. They are beneficial for sinus relief and can also help with weight loss.



## Preparation

Wash peppers well in cold water, then trim stems and tops. Slice in half lengthwise, and if you want to reduce the heat of the pepper, remove both the seeds and inner white membrane. Peppers can be eaten raw or cooked, they can be used in stir-fries, sauces, soups, and stews, and they can also be roasted or baked.

Note: Wear rubber gloves when handling hot peppers. The capsaicin oils will sting, burn, and irritate skin. Do not touch any sensitive areas during or after handling hot peppers. Thoroughly wash hands with soap and warm water afterwards!