

# Sweet Peppers



## Storage

Store in refrigerator crisper drawer for up to a week

## Preparation

Wash peppers well in cold water, then trim stems and tops. Slice in half lengthwise and remove the seeds. 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.

## Nutrition

Sweet peppers are rich in Vitamins C and A which help boost the body's immune system and improve the organ function. Red peppers have the most nutrition because they stay on the vine longer.