

# RED PEPPER BRUSCHETTA

- 3 roasted and peeled Florida red peppers, julienne
- 1/2 Florida onion, minced
- 1 bunch Florida parsley, chopped fine
- 2 tablespoon Florida garlic, minced
- 3 Florida tomatoes, seeded, peeled and diced small
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- Salt and pepper to taste

Combine all ingredients in a medium bowl. Mix well and refrigerate for 30 minutes. Strain and serve on toasted baguette circles.

Yield: 3 cups

Per serving: Calories 302, Fat 17g  
Carbohydrates 46g, Protein 9g



# GREEN PEPPER STIR FRY

- 1 tablespoon olive oil
- 1 teaspoon sesame seed oil
- 10 ounces chicken breast, cut into strips
- 1 Florida green pepper, julienne
- 1 Florida onion, julienne
- 1/2 cup Florida shitake mushrooms, sliced thin
- 1/4 cup Florida carrots, julienne
- 1/4 cup soy sauce
- 4 ounces beef stock
- 1 tablespoon Florida garlic
- 1 tablespoon fresh ginger, chopped
- 1 bunch Florida cilantro, chopped
- Salt and pepper

Heat wok on medium high heat. Add olive oil and sesame oil and heat add chicken and stir fry until browned. Add vegetables, soy sauce, beef stock, garlic and chopped ginger. Simmer for 2-3 minutes. Remove from heat. Add cilantro, salt and pepper. Serve.

Yield: 6 servings

Per Serving: Calories 128, Fat 6g  
Carbohydrates 8g, Protein 11g

Florida  
**PEPPERS**  
Recipes

For more recipes and information about Florida fruits and vegetables, log on to the Florida Department of Agriculture and Consumer Services website at [www.Florida-Agriculture.com](http://www.Florida-Agriculture.com)



# Fresh from Florida PEPPERS

**The Florida bell pepper** – vibrant, colorful and tangy. Florida bell peppers add zip to many dishes. Native to Mexico and Central America, bell peppers grow abundantly in south Florida and are available October through June.

Bell peppers are members of the Solanaceae family, the group which includes tomatoes, eggplants and potatoes. Although nutrition values vary slightly between green, yellow and red bell peppers, all three are healthy and full of vitamins and minerals. One small green pepper has more than 467 IU of Vitamin A, yellow peppers have 157 mg of potassium, and one small red pepper packs quite a punch with more than 2,300 IU of Vitamin A.

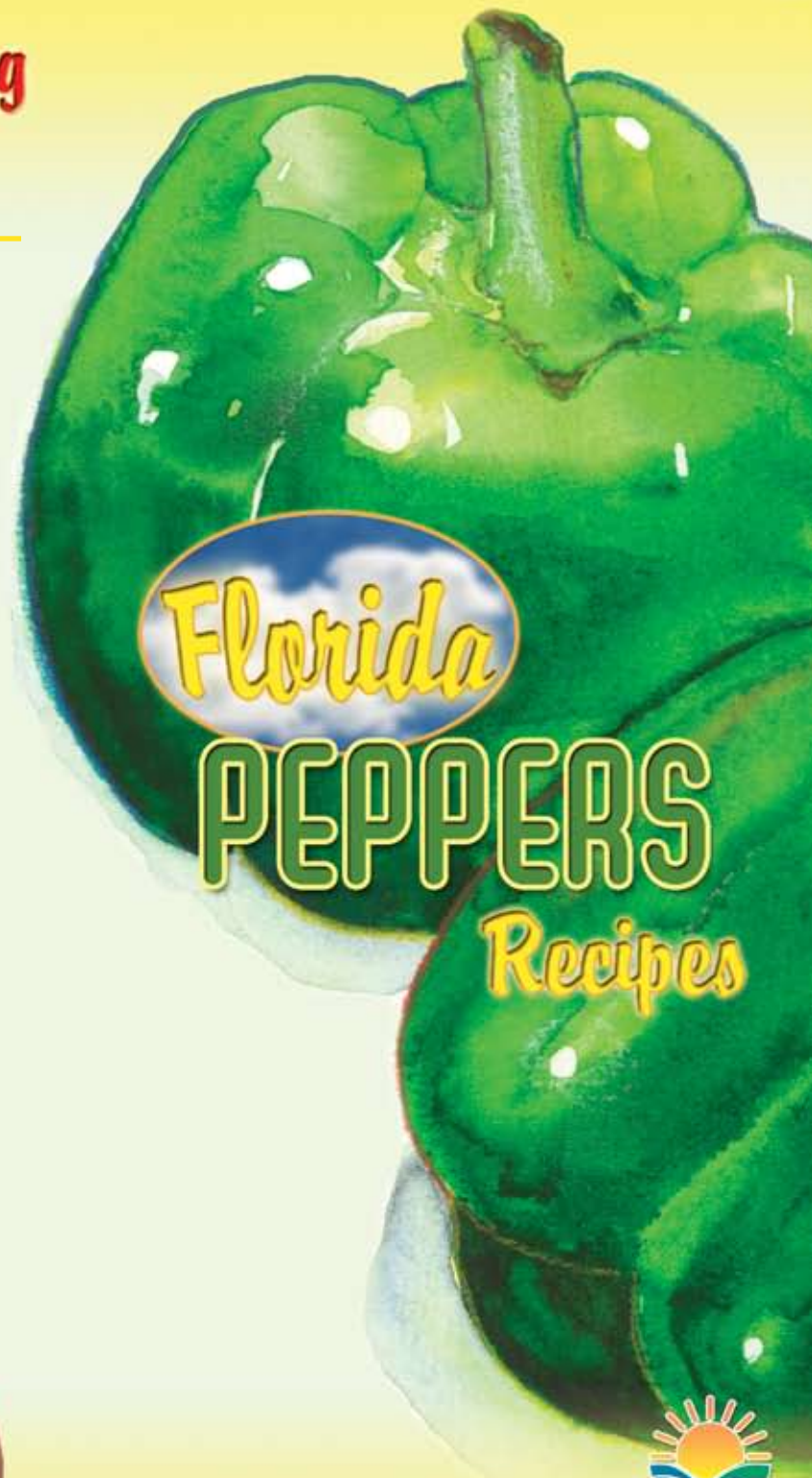
# Purchasing, Handling and Storing

**Look for Florida bell peppers** with smooth, taut and shiny skin that is free from scarring, bruising or open cuts. Store green and yellow bell peppers unwashed in the refrigerator for up to one week. Red bell peppers are farther along in the ripening process, so store these a maximum of three to four days after purchase.

To prepare Florida bell peppers, cut in half, remove the seeds and the core, and then chop, slice or julienne as desired. There are subtle differences in taste between green, yellow and red bell peppers, but they are equally delicious. Try slicing peppers into strips and sautéing in a small amount of oil and chicken broth, then puree and serve over pasta. Of course, raw bell peppers from Florida add zest to salads as well.

**Whether you select green, yellow or red Florida bell peppers, you'll be glad you did! Try these "Fresh from Florida" recipes for a change of pace.**

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Florida Department of Agriculture  
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Charles H. Bronson, Commissioner

