



## Bell Pepper

*Capsicum annuum*,

[http://en.wikipedia.org/wiki/Bell\\_pepper](http://en.wikipedia.org/wiki/Bell_pepper)

- Ⓢ Bell peppers are in the same family as chilis. However a recessive gene eliminates the capsaicin that makes other capsicum spicy.
- Ⓢ Peppers were domesticated in Mexico but used as early as 6000 years ago in tropical South America. Columbus took peppers back to Europe in 1493
- Ⓢ Green peppers are unripe peppers that ripen into red, yellow, orange and even white peppers. They are higher in Vitamin C than an orange and contain plenty of Vitamin A (especially red and yellow ones)
- Ⓢ Choose peppers with firm skin and a firm green stem. They should feel heavy for their size and free of scars.
- Ⓢ Store unwashed in a plastic bag in the refrigerator.
- Ⓢ You can eat the skin of most eggplants. Some species are naturally bitter. To remove bitterness, cut in half lengthwise and sprinkle with salt and set aside for about a ½ hour. Scrape off and rinse before cooking
- Ⓢ Combine with onions, tomatoes, celery and/or garlic to make a sofrito a base seasoning for many sauces and dishes. Serve, raw, grilled, or sautéed

# Green Pepper Salsa

## Ingredients:

4 Green bell peppers, cored, seeded, and diced to 1/4"

1 tomato, diced to 1/4 "

1 small onion, diced

Several sprigs of cilantro, basil or parsley

1 Clove garlic, minced fine

Hot pepper sauce, to taste

1 tablespoon minced fresh oregano

Combine all the ingredients and allow flavors to combine.