



## Featured vegetable for February 2008: Peppers

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### Health benefits

Peppers are low in calories and are packed with nutrition. As one of the most nutrient-dense foods available, they provide a good source of vitamin B6, C, and K, beta-carotene, thiamine, and folic acid.

### How to select and store

When selecting any shape, color or size of sweet pepper, look for ones that are firm, glossy, have green stems and unwrinkled skins. Store peppers unwashed in a plastic bag in the refrigerator for up to a week.

### FEATURED RECIPE: Bowties with tomato-pepper sauce

#### Ingredients:

- 16 ounces bowties or penne
- 2 tablespoons **olive oil**
- 2 tablespoons minced **garlic**
- 1 small **onion**, chopped
- 2 large **tomatoes**, seeded and chopped
- ¼ cup fat-free half and half
- ¼ cup freshly grated parmesan cheese
- ½ teaspoon black pepper



#### Directions:

In a large pot, cook the pasta according to the package directions. Drain. Meanwhile, in a large skillet, heat the oil over medium-low heat. Add the garlic and onion and cook until onion is soft, adding a little water to the skillet if mixture seems dry. Add the bell pepper and cook for about 2 minutes or until tender crisp. Stir in the tomatoes. Remove from the heat. Gradually stir in the half – and-half, Parmesan, and black pepper. Reduce the heat to low and cook until heated through. Serve over pasta.

**Items highlighted in red can be purchased at R&R Produce.**

### For more information

For more information about the **What's For Dinner Tonight?** program, contact Philonda Short at 404-463-2748 or [pmsshort@dhr.state.ga.us](mailto:pmsshort@dhr.state.ga.us).

