



Gleaning Bell Peppers



Did You Know?

16.7% or 1 in 6 of New Jersey residents face food insecurity. Food insecurity is "the state of being without reliable access to a sufficient quantity of affordable, nutritious food." If you are in need of food, you are not alone. Farmers Against Hunger works with over 70 community organizations serving those in need including food banks, soup kitchens and pantries.

Nutrition Facts: 1 Large Pepper, **Protein:** 1.4 g, **Fat:** .3 g, **Carbohydrates:** 7.6 g, **Fiber:** 2.8 g, **Sugar:** 4 g, **Calcium:** 16 mg, **Magnesium:** 16 mg, **Potassium:** 287 mg, **Vitamin C:** 132 mg

Source: USDA National Nutrient Database for Standard Reference; release 27

Recipe: *Quinoa and Black Bean Stuffed Peppers*

Season: *Summer*

Ingredients: 6 large bell peppers, 3 cups cooked quinoa, 1 cup corn, ½ cup cooked or canned black beans, ½ cup diced tomatoes, ½ cup shredded cheddar cheese, ½ cup crumbled feta, ¼ cup chopped cilantro, 1 tsp. ground cumin, 1 ½ tsp. garlic powder, ½ tsp. chili powder, salt and pepper to taste.

Instructions: 1. Preheat oven to 350 degrees. Lightly oil a 9x13" baking dish. 2. Slice the tops off of the peppers and remove stem and seeds. 3. In a large bowl, combine quinoa, corn, beans, tomatoes, cheeses, cilantro, cumin, garlic powder, chili powder, and salt and pepper to taste. 4. Spoon the filling into each bell pepper. 5. Bake 25-30 minutes, until peppers are tender and filling is heated through.

Fun Facts:

- ★ Peppers are actually fruits because they are produced from a flowering plant and contain seeds.
- ★ Red, orange, and yellow peppers are actually very ripe green peppers.
- ★ Green bell peppers are the most popular type of peppers in the United States.
- ★ Red bell peppers are sweeter than green one because bell peppers sweeten as they ripen.

Source: Wisconsin Department of Public Instruction

For more information on **Farmers Against Hunger and NJ Agricultural Society**,
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