



HEALTHY to a "T"

NOVEMBER 2022

Harvest of the Month

Green Pepper



FUN FACTS:

Green peppers are actually unripe bell peppers. When they mature or ripen, they turn red and become sweeter. Green peppers do NOT produce capsaicin (spicy heat).

They are crunchy and delicious. Enjoy green peppers raw with hummus, grill them or toss in salads, soups, stews, rice dishes, omelets and stir fries.

Green peppers are especially high in vitamin C, and help protect your heart and eyes.

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Introducing New Textures

When I hear "introducing new textures," I instantly think of a baby starting to eat...every food is new to them. The look on their face is unforgettable when that new texture hits their mouth.

No matter your age, new food textures can be exciting and intimidating simultaneously, especially if the food with which you are familiar is prepared in a different texture. A fitting example would be pâté (caviar and braunschweiger), a mixture of seasoned ground seafood, poultry, meat, or vegetable combined with other ingredients and blended to either a smooth and creamy or chunky paste. The paste part is what gets people since we are used to eating meats and veggies in whole form.

Our sensory system is a major part of the eating process. When we have a new food in front of us, we examine what it *looks* like, *smell* the food and *feel* the texture on our hands and in our mouth to determine if it is something we like, dislike, or are unsure of.

Getting past the mental perception of what it may feel or taste like is a major step to allowing oneself to try new things. Remember, on average it takes ten tastes before you can really decide if you dislike something. Take the leap and try a new food texture today.

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HARVEST OF THE MONTH RECIPE—NOVEMBER

~ featuring Green Peppers ~

Fried Eggs in Green Pepper Rings

Yield: 6 servings

1 bell pepper, cut into 6 rings • 6 eggs • salt & pepper, to taste • parmesan cheese, optional

1. Cut the bell pepper from top to bottom in slices that resemble rings.
2. Prepare a skillet with a light layer of oil or nonstick cooking spray. Place 6 of the bell pepper rings on the skillet over medium heat. Crack an egg into each ring and allow it to spread out to fill the bell pepper ring. Season the eggs with salt and pepper, to taste.
3. If you like your eggs soft, cook over low heat for 3-5 minutes, or until the eggs are cooked to preference.
4. If you like your eggs hard, break up the yolk with the skillet for even cooking. Cook 6-9 minutes, or until the eggs are cooked to preference.
5. Sprinkle with fresh parmesan cheese (optional); flip if you like it cooked over-easy! Serve!

NUTRITION SNAPSHOT ~ 1 serving: 137 calories, 6g total fat, 2g saturated fat, 188mg cholesterol, 9g protein, 11g carbohydrates, 194mg sodium, 3g dietary fiber

Enjoy!

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