

VEGETABLE of the MONTH

Cooking for Kids

Hot Spinach Red Pepper Dip

Serves: 6, Prep: 25 mins

Ingredients:

1 cup- Water
Diced red bell pepper-1 cup
1/2 cup- Thawed, frozen spinach (chopped)
8oz- Cream cheese
2 tbsp- Milk
1/2 cup- Grated parmesan cheese
1/2 tsp- Crushed Red pepper flakes
1/4 tsp- Salt
1 pinch- Ground black pepper
1 tbsp- Finely diced red bell pepper

Directions:

1. Bring water to a boil in a small saucepan over high heat and add 1 cup of diced red peppers and chopped spinach. Bring the water back to a boil, turn the heat down to medium and simmer until the pepper is very soft. Drain the spinach & pepper in a colander, pressing as much liquid as possible.
2. Combine the cream cheese and milk in the saucepan and cook over medium heat until hot and softened. Stir in the cooked spinach & red peppers, cheese, pepper flakes, salt & black pepper. Stir until well combined. Serve with diced bell pepper on top.

Recipe adapted from AllRecipes.com

Books

Grades K-2

Peppa Pig & the Vegetable Garden. By: Candlewick Press

Grades 2-5 Gardening Projects for Kids. By: Jenny Hendy

The Incredible Edible Bell Pepper



Just the Facts

→Peppers are actually fruits because they are produced from a flowering plant and contain seeds.

→Bell peppers are good source of vitamin A.

→Peppers come in a rainbow of colors- green, yellow, red, orange, purple & brown.

→Red bell peppers have more than twice the vitamin C of a green pepper.

→Peppers are available throughout the year, but are usually found in greater abundance during summer months.

Did You Know?

This month on the school menu you can enjoy BELL PEPPERS in:

- Fresh Red Pepper
- Veggie stir-fry or Fresh on the garden Spot

→The scientific name *Capsicum annuum* is used to refer not only to bell peppers, but also to wax peppers, cayenne peppers, chili peppers, and jalapeno peppers.

→Red bell peppers have 9 times more vitamin A than green bell peppers



←Bell peppers originated in Central America, and South America.

←Within the U.S., California and Florida are the largest bell-pepper producing states.

For more information, see:

- <http://www.whfoods.com/genpage.php?dbid=50&tname=foodspice>
- http://fns.dpi.wi.gov/files/fns/pdf/ffvp_fs_bp.pdf



Created by: The EPS Food & Nutrition Department

Activity: Bell Peppers

Test Your Knowledge

Directions: Circle the correct answer

1. Peppers originated in:
 - a. India
 - b. China
 - c. Brazil
 - d. Central America
2. The largest bell pepper producing states are:
 - a. Texas
 - b. Washington
 - c. Florida
 - d. Pennsylvania
 - e. California
3. Peppers are a good source of:
 - a. B-vitamin
 - b. Folic acid
 - c. Niacin
 - d. Vitamin A & C
4. Red bell pepper has twice the amount of vitamin C and 9 times more of vitamin A than green bell pepper.
 - a. True
 - b. False
5. There are only 3 different colors in peppers.
 - a. True
 - b. False

