

CSFP Newsletter

Nutrition Education and Resources for Minnesota CSFP Clients

Farmer's Market Highlight: Bell Peppers



The Basics on Bell Peppers – Did You Know?

Bell peppers are technically fruits. They are classified as berries because they ripen from the ovary of a flowering plant and contain seeds. They can also be used as a spice in many dishes and are eaten as delicious fruit.

Bell peppers have many valuable benefits because they contain high concentrations of minerals and vitamins that set them apart from other kinds of fruits. Key vitamins and minerals in bell peppers include Vitamins C, B6 (helps form red blood cells), Vitamin K1 (helps with blood clotting and bone health), potassium (may promote good heart health), and Vitamin E, which is essential for healthy nerves and muscles. Health benefits include reducing inflammation, boosting immunity, and offering antioxidant protection against chronic illnesses.

Bell peppers are available at Minnesota Farmer's Markets in the late summer/early fall. Consumption is on the rise due to their unique color, flavors, and health-promoting ingredients.

Fun fact: The color of a pepper indicates its ripeness and its flavor. As the pepper ripens, it changes from green to yellow, to orange, and then eventually to red. Red peppers are the sweetest because they ripen the longest. Green peppers are picked early and have a more bitter taste, while yellow and orange peppers fall in between with their flavor profiles.

Chicken Fajita Bake

Ingredients

- 1 ½ lb. of chicken breast, boneless and skinless **OR** approximately 2 ½ pouches of CSFP boned chicken.
- 1 medium red onion, sliced thinly
- 2 large bell peppers, seeded and sliced thinly
- ½ cup shredded low fat cheddar cheese, or Mexican blend
- 2 Tbs low sodium taco seasoning or homemade Fajita Seasoning
- 1 Tbs olive oil or vegetable oil of choice

How To Make It

1. Preheat the oven to 375°F.
2. Lay chicken in the bottom of a 13×9-inch pan or casserole dish. Sprinkle taco seasoning over the top of the chicken.
3. Add onions and peppers and drizzle olive oil over the top.
4. Sprinkle with cheese and place it in the oven. Cook for 35-40 minutes.
5. Serve over CSFP brown rice or fill and roll up a tortilla with this delicious blend and enjoy!



References:

1. Younes AH, Mustafa YF. Sweet Bell Pepper: A Focus on Its Nutritional Qualities and Illness-Alleviated Properties. Indian J Clin Biochem. 2024 Oct;39(4):459-469. doi: 10.1007/s12291-023-01165-w. Epub 2023 Dec 9. PMID: 39346723; PMCID: PMC11436515.
2. U.S. Department of Agriculture, Food and Nutrition Service. (n.d.). *Bell peppers*. SNAP-Ed. <https://snaped.fns.usda.gov/resources/nutrition-education-materials/seasonal-produce-guide/bell-peppers>
3. *Fajita Chicken Bake* – SNAP-Ed New York. (2025). Snapedny.Org. <https://snapedny.org/recipes/fajita-chicken-bake>