

CHILE PEPPERS



Chile peppers are in season from August through October.

Tips for selecting chile peppers

Some common varieties include chipotle, habañero, jalapeño, poblano, and serrano. Chile peppers come in a variety of deep, vivid colors. Choose peppers that are firm, smooth, and shiny with fresh green stems. Do not choose chile peppers if they are shriveled or decayed or have cracks.

Storage

Chile peppers can be placed in a plastic bag and stored in the refrigerator for a few days. Peppers wrapped in paper towel will keep for up to three weeks in the refrigerator.

Preparation

Wear gloves when handling hot peppers and do not touch your eyes. Chemicals in the peppers will irritate the skin. Wash your hands thoroughly after handling hot peppers. To use in salsas, salad dressings, and curries, cut away and discard the stem and seeds. You may use the seeds to increase the spiciness of a dish.

Key nutrients

- Potassium to maintain normal blood pressure
- Vitamin C for healthy gums, skin, and blood
- Vitamin A for vision, healthy skin, and resistance to infection

Recipes

Watermelon fire and ice salsa

3 cups watermelon, chopped
1 tablespoon green onion, chopped
½ cup green bell peppers, chopped
1 tablespoon jalapeño peppers, chopped
2 tablespoons lime juice
½ teaspoon garlic salt
1 tablespoon chopped cilantro
Combine all ingredients. Cover and refrigerate 1 hour. Serve on sliced oranges. Or top 1 cup sour cream with 1 cup salsa and serve with chips. Serves 6; 30 Cal; less than 0.5 g fat.

New Mexico chili soup

1 pound ground beef
1 medium onion, chopped
1 tablespoon flour
16 ounces canned tomatoes
½ teaspoon garlic, minced
4 green chiles, peeled, seeded, chopped
1 tablespoon chili powder
⅛ teaspoon cumin
Salt to taste
Water as needed
Brown and drain the meat and add onion. Stir in the flour. Add the tomatoes and mix. Stir in garlic, peppers, chili powder, cumin, and salt. Add enough water to moisten the mixture. Bring to a boil and simmer 1 hour or until heated through. Serves 4, 235 Cal, 11.5 g fat when using 85% lean ground beef.



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Healthy Seasonal Produce: Chile Peppers (B4166-12)

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