Peppers

Served This Week at Lunch

FLORIDA STUFFED PEPPER SKINS

3 Florida bell peppers (assorted colors)
1/2 c. Florida tomatoes, chopped
1/2 c. Florida spinach, chopped
2 tbsp prepared bacon bits
1/2 cup grated low-fat cheddar

- Slice each bell pepper into four slices, removing seeds and stem. Place equal amounts of tomatoes, bacon and cheese on each pepper slice.
- Place pepper slices on a baking sheet and broil in the oven until cheese begins to melt.
- Let cool and serve.

Yield 4 servings



PEPPERS ARE PREDOMINANTLY GROWN IN:
Collier, Hendry, Hillsborough, Manatee, Palm Beach

MyFloridaTray

Eat right. Eat local. Exercise. Have fun!

Protein	Grain	Milk
Vegetable	Fruit	

Florida Department of Agriculture and Consumer Services
Adam H. Putnam, Commissioner
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