Healthy Serving Ideas
• Slice raw sweet peppers and serve with lowfat dip for a snack.
• Top homemade pizza with sliced bell peppers—red, green, and yellow. Or, use chili peppers for a spicy kick!
• Use chopped hot peppers to make spicy salsa. (Hint: For less spice, remove seeds and inner membranes.)
• Add chopped sweet peppers to salads or stir into soups and pasta sauces.
• Try a new pepper variety each week.

VEGETABLE QUESADILLAS
Makes 4 servings. 1 quesadilla each.
Cook time: 15 minutes
Ingredients:
• nonstick cooking spray
• ½ cup chopped green bell pepper
• ½ cup frozen corn, thawed
• ½ cup sliced green onion
• ½ cup chopped tomato
• 2 tablespoons chopped cilantro
• 4 (6-inch) flour tortillas
• ½ cup shredded lowfat cheese

1. Coat medium skillet with nonstick cooking spray. Sauté bell pepper and corn over medium heat until softened, about 5 minutes.
2. Add green onion and tomato. Cook until heated, then stir in cilantro.
3. Heat tortillas in a separate skillet over high heat. Place equal amounts of cheese and sautéed vegetables on each tortilla. Fold in half and continue to cook until cheese is melted. Serve hot.

Nutrition information per serving:
Calories 134, Carbohydrate 20 g, Dietary Fiber 2 g, Protein 7 g, Total Fat 3 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 302 mg

Adapted from: Healthy Latino Recipes Made With Love, Network for a Healthy California, 2008.
For more recipes, visit: www.cachampionsforchange.net

How Much Do I Need?
• A ½ cup of chopped peppers is about one small pepper.
• A ½ cup of sweet peppers (green, yellow, and red) is an excellent source of vitamin C.
• A ½ cup of sweet red peppers is also a good source of vitamin B₆, which helps your body build healthy blood cells.

Recommended Daily Amounts of Fruits and Vegetables*

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<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
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<tbody>
<tr>
<td>Males</td>
<td>2½ - 5 cups per day</td>
<td>4½ - 6½ cups per day</td>
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<tr>
<td>Females</td>
<td>2½ - 5 cups per day</td>
<td>3½ - 5 cups per day</td>
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*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

What’s in Season?
California grown peppers are in peak season in summer. They are usually available from May through November. California grown varieties may be fresher and cost less than varieties shipped from other states or countries.

Let’s Get Physical!
• At home: Do sit-ups and push-ups during TV commercials.
• At work: Go for a one-mile walk (about 25 minutes) during lunch.
• With the family: Visit a local or state park and go for a hike.

To find a park in your area, visit: www.parks.ca.gov

For important nutrition information, visit www.cachampionsforchange.net. For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. © California Department of Public Health 2009.