

Peppers

Chicken fajitas

3 chicken breasts, slightly frozen
1 large onion
4 bell peppers
1 package low sodium fajita seasoning
1 cup water
2 tablespoons cooking oil
1 package whole wheat tortillas
Tomatos, light sour cream, cilantro, cheese or other garnishes (optional)

In large skillet, over medium heat, add oil. Slice chicken into strips and add to oil. Cook until white on all sides. Add onion and bell peppers to skillet and cook 2-3 min. Then add seasoning and water according to package directions. Cook until water is evaporated and sauce is formed. Fill tortillas with chicken and pepper mix and top with toppings of your choice.

Rise-and-shine rings:

1 Bell pepper
4 eggs
Cooking oil

In skillet, add 2 to 3 tablespoons of oil. Slice a green or red pepper horizontally to make rings about a half-inch thick. Place rings in a pan. Crack an egg (or pour a well-beaten egg) into the middle of the ring. Fry 2 minutes on each side on medium heat, flipping carefully, or until desired doneness.

<http://www.scholastic.com/parents/resources/article/parent-child/8-kid-friendly-bell-pepper-recipes>

Southwestern stuffers:

2 bell peppers
1 can diced tomatoes with mild chilies
1 can black beans, rinsed and drained
1 cup rice, cooked
1 cup shredded cheese
Cilantro (optional)

Halve 2 bell peppers lengthwise and remove the seeds. In large bowl, Combine 1 can diced tomatoes with mild chilies, 1 can drained and rinsed black beans, minced cilantro to taste, and 1 cup cooked rice, mix well. Fill the bell pepper halves with the mixture and bake for 20 minutes at 375 degrees F. Five minutes before removing from the oven, sprinkle shredded cheese on top.

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