Peppers

Farmers Market Fun Family Recipes

Ingredients

- 2 teaspoons vegetable oil
- 1 teaspoon hot chili oil
- ½ cup diced red pepper
- ½ cup diced yellow pepper
- ½ cup diced green pepper
- 2 to 3 cloves fresh garlic, minced
- 3 cups cooked rice
- ½ teaspoon seasoned salt

Instructions

1. Heat oils in large skillet; add peppers and garlic.
2. Cook until tender. Stir in rice and salt.
3. Cook 3 minutes, stirring constantly, until thoroughly heated.

To Microwave

1. Combine oils, peppers, and garlic in 2-quart microwave-safe baking dish.
2. Cook on HIGH 2 to 3 minutes.
Nutrition information:
- Calories: 143
- Carbohydrate: 29 gm
- Fiber: 0.5 gm
- Fat: 2 gm
- Protein: 3 gm
- Cholesterol: 0 mg
- Sodium: 206 mg

For more information, contact your county WVU Extension office or go to www.ext.wvu.edu.

3. Add rice and salt; cook on HIGH 2 to 3 minutes or until rice is thoroughly heated.

Tip
Use lemon juice or toothpaste to remove garlic odor from hands after mincing garlic.

Remember
Always wash your hands before preparing or eating produce. To properly wash your hands, use warm running water, lather with soap for 20 seconds, and dry hands with a clean paper towel or hand towel. Use the towel to turn off the tap. This prevents bacteria that you transferred to the tap handle when turning on the water from recontaminating your hands.

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