

SEPTEMBER  
3RD & 17TH

Produce  
of the Month

Presented by  
Wellness Education  
& Dining Services

**SHOPPER TIPS**

Look for firm peppers with deep color and shiny skin that is free of wrinkles or spots.

- Avoid peppers with injuries to the skin, soft spots, and peppers with dried out stems.

**WHAT'S IN IT FOR YOU?**

- Excellent source of vitamins A and C
- Good source of dietary fiber

**SERVING IDEAS**

- Slice them into strips and dip them in some hummus, salsa, guacamole, or even peanut butter!
- Stuff half of a pepper with a mixture or beans, whole grains, and other veggies then bake in the oven for a delicious entree!

**PEAK SEASON**

- Available year round, peak season is November through May

**STORAGE**

- Bell peppers can be stored in the refrigerator for 7-10 days uncut.

Every Wednesday, Champion's Choice, Fresh Food Co, and Juniper Dining will be featuring a healthy recipe with the Produce of the Month!



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## Chicken and Roasted Bell Pepper Quesadillas

Prep/Cook Time: 50 minutes; Servings: 2

### INGREDIENTS:

- 2 8-inch whole wheat tortillas
- 1/2 cup of shredded jack or cheddar cheese
- 1 chicken breast
- 1 bell pepper
- non-stick cooking spray

Below items are garnishes. Use a little bit on top of your quesadilla or just have it without!

- Salsa
- Cilantro
- Hot sauce

### DIRECTIONS:

1. Preheat oven to 400. Put chicken in baking dish and bake in oven 20-30 minutes until juices are clear. Allow to cool then cut into small pieces
2. Turn oven up to 500 or turn on broiler. Place whole bell pepper on a sheet pan and put on the highest oven rack (close to heating element) Let pepper skin darken, 5-10 minutes. Remove from oven, let cool slightly and remove stem and seeds. Slice into strips
3. Place tortilla in lightly sprayed skillet over medium heat. Add handful of chicken, red pepper strips, and cheese. Place other tortilla on top and spray lightly with non-stick cooking oil
4. Flip and heat until cheese is melted and tortilla is slightly brown. Remove from heat, cut into pieces and enjoy!

**Nutrition Facts** Chicken and Roasted Red Pepper Quesadilla; Serving size: 1/2 quesadilla  
Calories: 360, Calories from fat: 140, Total fat: 15.7, Saturated fat: 6g, Trans fat: 0g, Cholesterol: 90mg, Sodium: 500mg, Total Carbohydrates: 20g, Dietary Fiber: 4g, Sugars: 1.6g, Protein: 33g, Vitamin A: 12%, Vitamin C: 163%, Calcium: 22%, Iron: 18%

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