

# Bell Peppers

- Wash and cut to remove top, membranes & seeds.
- Enjoy as a raw snack paired with hummus, simmered into soups, or mixed with grains for added flavor & texture.
- Eat within 1 week.

Store in fridge, look for skin to remain firm & smooth.

*To freeze: deseed pepper, slice into quarters, and spread pieces on baking sheet. Let pieces become completely frozen before placing in plastic bag in freezer.*

