



The Geneva School

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## PEPPERS

Today students in grades 1-6 had the opportunity to taste peppers, sampling the varied flavors of



different colors of bell peppers: green, red, orange, and yellow bell peppers with a Greek yogurt dip. They also sampled sweet peppers and a salad made with fresh colored bell

peppers, black beans, tomatoes, and corn.

Peppers are a superfood, loaded with vitamins and antioxidants in their colorful package. Mildly flavored and crunchy in texture, peppers are packed with vitamins C, B6, and K, and other antioxidants and micronutrients like beta-carotene, thiamine, and folic acid. Red peppers have a higher nutrient content over green peppers, as they also contain lycopene. Bell peppers have been shown to help protect against cataracts, prevent blood clot formation, protect from heart attack and stroke, protect from cancers, and help lower cholesterol.

Bell peppers come in an array of pretty colors and can be eaten raw, roasted, sautéed, baked in casseroles, cooked in sauces and soups, or grilled. Some nutrients are lost with increased cooking time, but the increased cooking time sweetens the flavors.

Peppers are an easy whole food to add to your child's lunchbox, served raw, tossed in salads, or added to a sandwich. Which color is your child's favorite pepper?

### Mrs. Guzman's Rainbow Salad

- 1 tomato, chopped
- 1 small onion, chopped
- 1 green pepper, chopped
- 1 red or orange pepper, chopped
- 3-4 Tbsp. fresh cilantro, chopped
- 1 can black beans, rinsed and drained
- 1 can corn, rinsed and drained
- 1/3 cup vinegar
- 4 Tbsp. oil
- 1 packet of Hidden Valley Ranch Dressing mix

- Mix all of the above in a large bowl and let in refrigerator overnight.

Serves 8-10

### Mrs. Mathias's Greek Yogurt Dip

- 2 cups of plain Greek yogurt
- 1 packet of Hidden Valley Ranch Dressing mix

- Mix and refrigerate overnight.

Tasty Friday is funded by a grant from the Winter Park Health Foundation. Thank you to our parent volunteers who have worked with TGS Nurse's Clinic to make today's event a success.

