

POLLY THE PEPPER



It's June and we are very excited to introduce our new Superhero Vegetable of the month!

Can you guess who I am?





Who Am I?

- I'm a colorful, crunchy vegetable that looks like a little bell
- I come in red, yellow, orange and green
- I am smooth and shiny on the outside and crunchy and juicy on the inside
- All of my colours taste a bit different, red ones are a bit sweet whereas green ones taste more like a salad



Did You Know?

- Peppersare actually fruits even though we call them vegetables. They grow from flowers and have seeds which makes them fruit
- Green peppers turn red when they ripen, and the longer they stay on the plant, the sweeter they get!
- Peppers can be eaten raw or cooked
- There are over 50,000 types of peppers - big and small ones, sweet and spicy ones





Where Can You Find Me?

- Peppers grow all around the world in warm places- Mexico, India, USA, Spain, Italy
- Peppers grow on bushy, green plants in warm, sunny weather
- The plants make little flowers and then peppers grow where the flowers were
- Peppers grow best in summer and early autumn
- Peppers should be stored in the fridge to help them stay fresh and crunchy

Why You Should Eat Me?

First of all, I taste yummy but best of all I help you grow big and strong!

- I am super high in ***Vitamin C*** which helps fight off infections
- I am made up of about 92% ***Water*** so I keep you hydrated
- I contain ***potassium*** which helps keep your heart healthy



Fun Ways to Eat Me

- You can cut me into small rings and add me onto pizzas
- You can slice me into pieces and put me onto a skewer stick with some other vegetables for a fun veggie skewer
- You can roast me in the oven or eat me as I am

Turn over for a cool recipe!



LOW PROTEIN RECIPES

STUFFED PEPPERS WITH LOW PROTEIN RICE

(Serves 4)



Ingredients:

- 4 red peppers
- 300 g low protein rice
- 1/2 tbsp pesto (homemade protein-free version-see recipe below)
- 40g Violife Original Cheese grated or Violife Creamy Cheese

Method:

1. Use a small knife to cut the top out of 4 red peppers, then scoop out the seeds. Sit the peppers on a plate, cut-side up, and cook in the microwave on high for 5-6 minutes until they have wilted and softened.
2. While the peppers are cooking, cook the low protein rice following the packet instructions and then mix the rice together with pesto and the Violifie cheese.
3. Scoop the rice mixture into the peppers, and cook for 8-10 minutes in the microwave

Pesto Recipe:

- 80g fresh basil
- 4 garlic cloves, peeled
- 8 tbsp olive oil

1. Add all ingredients to blender and blitz until smooth, season to taste