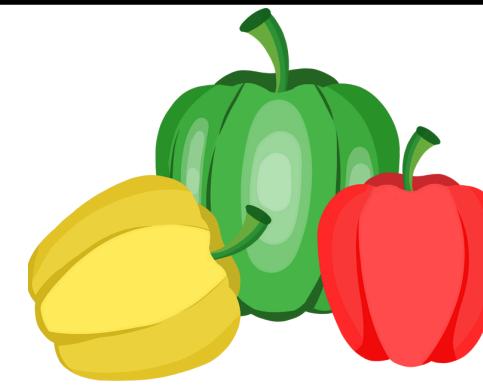




STAFF PICK OF THE MONTH!

JANUARY 2025

# DON'T SKATE OVER THIS IMPECCA-BELL RECIPE



## Budget Friendly Recipe of the Month

*Our theme for 2025 is "Staff & Community Favourites!". Thank you to Dana Mandryk, Public Health summer nursing student, for submitting this month's recipe!*

*"Being a nursing student, I am very busy during the school year. Being able to plan my lunches ahead of time makes my life so much easier and keeps me organized!"*

Bell peppers are one of the many vegetables that can be consumed year-round. They are loaded with vitamins, minerals, and also contain a wide array of antioxidants. They also may have several health benefits, such as reducing inflammation, improved eye health, and reduced risk of several chronic diseases including anemia.

### STUFFED BELL PEPPERS!

CUSTOMIZE THIS RECIPE TO YOUR LIKING BY ADDING DIFFERENT MEAT OR VEGETABLES, FREEZE THE PEPPERS OR RICE MIXTURE TO USE AT A LATER DATE, OR MEAL PLAN WITH THIS RECIPE.



Picture retrieved from <https://www.thepioneerwoman.com/food-cooking/recipes/a88385/video-stuffed-bell-peppers/>

#### INGREDIENTS:

6 WHOLE BELL PEPPERS (CAN USE 8 IF NEEDED)  
 3 TBSP. OLIVE OIL, DIVIDED  
 8 OZ. LEAN GROUND BEEF (OR MEAT OF YOUR CHOICE)  
 SALT AND PEPPER, TO TASTE  
 1 MEDIUM ONION, CHOPPED  
 3 CLOVES GARLIC, FINELY CHOPPED  
 1 LARGE ZUCCHINI, DICED  
 4 ROMA TOMATOES, DICED  
 1 C. COOKED RICE (MIX OF WHITE AND BROWN IS FINE)  
 2 C. SHREDDED PEPPER JACK CHEESE, DIVIDED

#### HERE'S HOW TO MAKE IT:

1. CUT THE TOPS OFF THE PEPPERS
2. IN A LARGE SKILLET, HEAT 2 TABLESPOONS OF OLIVE OIL OVER MEDIUM-HIGH HEAT. ADD THE BEEF, SEASON, AND COOK. REMOVE TO A PLATE.
3. ADD THE REMAINING OLIVE OIL TO THE PAN. ADD THE ONION AND COOK FOR 3 TO 4 MINUTES.
4. ADD THE GARLIC, ZUCCHINI, AND TOMATOES. COOK UNTIL EVERYTHING IS HEATED THROUGH, THEN STIR IN THE BEEF AND RICE.
5. STIR IN 1 1/2 CUPS OF THE CHEESE.
6. PREHEAT THE OVEN TO 350°F.
7. PLACE THE PEPPERS, CUT-SIDE UP, IN A BAKING DISH. FILL THE PEPPERS WITH THE RICE MIXTURE AND TOP EACH WITH THE REMAINING CHEESE.
8. POUR A SMALL AMOUNT OF WATER INTO THE BOTTOM OF THE BAKING DISH. COVER WITH FOIL AND BAKE FOR 30 MINUTES. UNCOVER AND BAKE UNTIL THE PEPPERS ARE SOFT AND THE CHEESE IS MELTED AND LIGHTLY BROWNED, 15 TO 20 MINUTES MORE. SERVE HOT!

# ARE YOU HUNGRY FOR MORE?



BELL PEPPERS CAN BE USED IN RECIPES FOR BREAKFAST, LUNCH, OR SUPPER. THEY ARE A VERSATILE VEGETABLE, AND CAN BE GRILLED, BAKED, PICKLED, OR EATEN RAW. HERE ARE A FEW EASY, BUDGET FRIENDLY BELL PEPPER RECIPES:

EGG BREAKFAST MUFFINS: [HTTPS://WWW.ACOPPLECOOKS.COM/EGG-MUFFINS/](https://www.acouplecooks.com/egg-muffins/)

VEGGIE WRAP: [HTTPS://WWW.ACOPPLECOOKS.COM/VEGGIE-WRAP/](https://www.acouplecooks.com/veggie-wrap/)

PASTA SALAD: [HTTPS://WWW.BUDGETBYTES.COM/PASTA-SALAD/](https://www.budgetbytes.com/pasta-salad/)

VEGAN FAJITAS: [HTTPS://WWW.ACOPPLECOOKS.COM/VEGAN-FAJITAS/](https://www.acouplecooks.com/vegan-fajitas/)

## DID YOU KNOW...

- "MALE" PEPPERS HAVE 3 BUMPS, THEY HAVE LESS SEEDS AND ARE BETTER TO COOK WITH
- "FEMALE" PEPPERS HAVE 4 BUMPS, THEY HAVE MORE SEEDS BUT ARE SWEETER AND BETTER TO EAT RAW
- THE BELL PEPPER IS THE ONLY MEMBER OF THE PEPPER FAMILY THAT DOES NOT PRODUCE THE CHEMICAL THAT CAUSES A BURNING SENSATION WHEN EATEN
- BELL PEPPERS HAVE THE HIGHEST LEVELS OF VITAMIN C COMPARED TO ANY PRODUCE
- RED/YELLOW/ORANGE BELL PEPPERS ARE SIMPLY GREEN BELL PEPPERS THAT HAVE BEEN LEFT ON THE VINE TO CONTINUE TO RIPEN

[HTTPS://WWW.ONEHUNDREDDOLLARSAMONTH.COM/10-FUN-FACTS-ABOUT-BELL-PEPPERS/](https://www.onehundreddollarsamonth.com/10-fun-facts-about-bell-peppers/)

## GETTING MORE BANG FOR YOUR BUCK

- PEPPERS CAN LAST UP TO 14 DAYS (WHOLE) OR 7 DAYS (SLICED) IN THE FRIDGE, 5 DAYS ON THE COUNTERTOP, AND IN THE FREEZER FOR 6 MONTHS – 1 YEAR ([HTTPS://WWW.CANADA.CA/EN/HEALTH-CANADA/SERVICES/GENERAL-FOOD-SAFETY-TIPS/SAFE-FOOD-STORAGE.HTML](https://www.canada.ca/en/health-canada/services/general-food-safety-tips/safe-food-storage.html)).
- BELL PEPPERS ARE GROWN YEAR-ROUND, MAKING ANYTIME THE PERFECT TIME TO BUY THEM
- GROW YOUR OWN BELL PEPPERS DURING THE SUMMER.
- FREEZE YOUR LEFTOVER PEPPERS TO USE AT A LATER DATE IN AN OMELETTE, FAJITAS, OR ANY RECIPE YOU WANT

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