



Balsamic Stir Fry Vegetables

¼ cup olive oil	¼ teaspoon pepper	2 medium carrots
1 tablespoon soy sauce	1 small eggplant, unpeeled	1 green bell pepper
1 tablespoon balsamic vinegar	1 medium zucchini	1 red bell pepper
¼ teaspoon salt	1 small onion	Cooked rice or pasta, optional

In a large bowl **combine** olive oil, soy sauce, balsamic vinegar, salt and pepper. **Chop** eggplant, zucchini, onion, carrots and bell peppers into bite sized pieces. **Add** vegetables to bowl with balsamic mixture. **Stir** to coat. In a large pan or electric skillet **cook** vegetables over medium-high heat until crisp tender, about 10 minutes. **Remove** from heat and **serve** over rice or pasta.

Yield: 8, 1 cup servings

Nutritional Analysis: 110 calories, 7 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 230 mg sodium, 10 g carbohydrate, 3 g fiber, 6 g sugars, 2 g protein. (Analysis does not include optional rice or pasta)

Kentucky Peppers

SEASON: June through the first frost, usually September.

NUTRITION FACTS: Sweet peppers are low in calories, high in vitamin C and a good source of vitamin A. One raw, medium-sized pepper contains about 20 calories. Red peppers are higher in both vitamins C and A than green peppers.

SELECTION: Select peppers that are heavy for their size, with bright, shiny skins. Avoid flabby, wrinkled or soft peppers.

STORAGE: Store unwashed in the refrigerator for 3 to 5 days. Place in the vegetable crisper or in plastic bags.

PREPARATION: To prepare peppers, wash carefully without bruising. Peppers can be served raw, grilled, stuffed or roasted. Add them to salads, casseroles or Chinese and Mexican dishes.

PRESERVING: Wash, stem and seed peppers. Package, leaving no head space. Seal and freeze.

KENTUCKY PEPPERS

Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human Nutrition students
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Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand.

<http://plateitup.ca.uky.edu>



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