



Italian Turkey Sausage and Peppers

3 red bell peppers	6 cloves garlic, chopped	2 tablespoons Italian seasoning
2 green bell peppers	2 tablespoons olive oil, divided	8 4-ounce links of Italian turkey sausage
1 yellow bell pepper	2 teaspoons garlic powder, divided	¼ cup shredded mozzarella cheese
2 large tomatoes		
1 large sliced red onion		

Wash and **slice** the peppers and tomatoes; **place** in a large bowl. **Place** sliced onions and chopped garlic cloves in a small bowl and **set** aside. In a separate small bowl, **combine** 1 tablespoon of olive oil, 1 teaspoon of garlic powder, and Italian seasoning. **Drizzle** oil mixture over peppers and tomatoes, and lightly toss. **Slice** each sausage link into 5 or more pieces. **Heat** 1 tablespoon of olive oil and the remaining garlic powder in a large skillet over medium-high heat. **Add** sausage and **cook** until browned. **Add** peppers

and tomatoes. **Reduce** heat to medium-low; **cover** and **simmer** 15 minutes; **stir** as needed. **Add** onions and chopped garlic; **cover** and **cook** an additional 5 minutes. **Sprinkle** with mozzarella cheese. **Cover** and **simmer** until cheese melts.

Yield: 6 1-cup servings

Nutritional Analysis:
380 calories, 21 g fat, 5 g saturated fat, 110 mg cholesterol, 730 mg sodium, 17 g carbohydrate, 3 g fiber, 8 g sugars, 0 g added sugars, 32 g protein.

Kentucky Bell 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. Serve peppers raw, grilled, stuffed, or roasted. Add them to salads, casseroles, or Chinese and Mexican dishes.

PRESERVING: Peppers can be canned, dried, or frozen. To freeze: Wash, stem, and seed peppers. Package leaving no headspace. Seal and freeze.

KENTUCKY BELL 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

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