



# Chili Pepper

Chili peppers are used to spice up dishes. The interior veins or ribs of a pepper carries their heat not the seeds as most commonly thought. Yellowish orange color veins indicate they are hot.

**Store:** Refrigerate peppers in drawer unwashed for 1-2 weeks. To freeze peppers: Wash and dry peppers, cut into bite size pieces and place in air tight container or zip-lock freezer bag. Peppers can also be dried.

**Serve:** Both sweet and hot peppers are delicious raw, grilled, or just added to recipes. Add peppers to soups, stew, omelets, quiches, casseroles, or a stir-fry.

**Prepare:** Use rubber gloves to protect your hands from burning, stinging, and irritation caused by chili peppers. Wash peppers right before using them. Pat dry with paper towels. Cut peppers in half and scrape out stems, seeds, and veins with the tip of a knife. Cut into strips or dice. When finished, remove and throw away your gloves. Always wash your hands thoroughly with soap and water after handling chili peppers, even if you have worn gloves.



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# Chili Pepper Recipe

## Chili Salsa

### Ingredients:

- 2 14 oz. cans whole tomatoes, with juice  
(1 use Hunts or Del Monte)
- 2-4 jalapenos (depending on how hot you like it)
- 2-3 tbsp. cilantro leaves (fresh)
- 4 green onions, chopped
- 2 cloves garlic

### Directions:

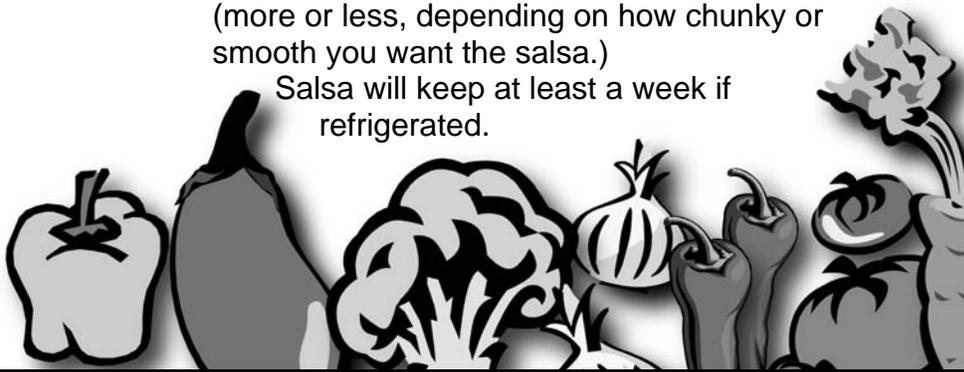
Boil jalapenos in water until they turn color and soften (about 7 – 10 minutes.) Slice off stems, cut in pieces and place in blender or food processor. Add cilantro leaves, onions and garlic to blender and “chop” until fine. Add 2 cans whole tomatoes (with juice) to blender and blend for 5-10 seconds (more or less, depending on how chunky or smooth you want the salsa.)

Salsa will keep at least a week if refrigerated.

enjoy!

Source: Chili Salsa  
James Stowe, a daily recipe subscriber. <http://www.pastrywiz.com/mail/recipeprint.php>

This training is supported by a grant from the Nebraska Department of Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of NDHHS.



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