

# Bell Peppers



## Bell Pepper Slaw

Makes 8 servings

### Ingredients:

- ½ cup apple cider vinegar
- 6 bell peppers cut into thin strips
- ½ onion, chopped
- ½ head cabbage, thinly sliced
- 3 tablespoons mustard
- ½ cup light mayonnaise
- 3 teaspoons sugar
- 1 teaspoon salt

### Instructions:

1. Whisk the sugar and salt with the vinegar in a large bowl until dissolved.
2. Add the bell peppers, onions, and cabbage, to vinegar mix and toss to combine.
3. Add the mustard and mayonnaise to the slaw and toss to coat.
4. Refrigerate until ready to serve.

Adapted from: [www.foodnetwork.com](http://www.foodnetwork.com)

### Benefits:

- Bell peppers are a great source of vitamins A and C, which help keeps your immune system healthy.

### Serving Ideas:

- Dice and toss on a pizza before baking.
- For extra crunch, add slices on sandwiches, wraps, and salads.
- Add them to your favorite stir-fry recipe.
- Drizzle with oil and a dash of salt and grill.
- Just slice and enjoy!

### Storage:

- Refrigerate bell peppers in plastic bag for use within 5 days.

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