

SWEET PEPPERS



- ◆ Also known as Bell Peppers or Capsicums. They are the most popular of the chili peppers with a very mild or zero hotness.
- ◆ You might think that the bell peppers are vegetables, but they are actually fruits.
- ◆ They are used worldwide as a vegetable instead of spices.
- ◆ Native to Mexico and Central America. The Spanish word for bell pepper is pimiento de campana.
- ◆ Peppers were named by Christopher Columbus and Spanish explorers.
- ◆ High in Vitamin C and have good levels of Vitamin A .
- ◆ Great for snacks with only 46 calories.