

how to cut a bell pepper



CHOOSE

Select peppers that are smooth and firm, and are heavy for their size.



STORE

Keep peppers in a plastic bag in the refrigerator for up to 5 days. Use within 1 to 3 days for the best flavor.



PREPARE

Rinse peppers under running tap water before using. Remove the stem and seeds.

Use these steps to cut bell pepper rings:

1. Place the pepper on a cutting board. Use a sharp knife to cut off the top and stem.
2. Use the knife to carefully remove the white core and seeds.
3. Lay the pepper on its side and slice into rings.

*Red, orange and yellow peppers have a **slightly sweet taste and crunch that kids and adults love!***



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