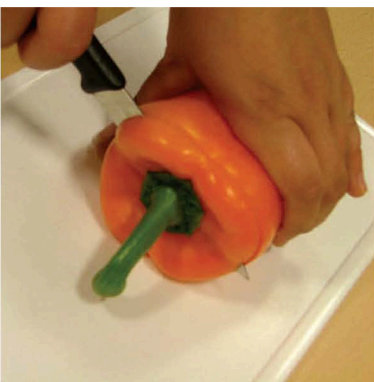


Pepper Green, yellow and red varieties also known as capsicum



1 Slice off stalk.



2 Loosen middle by cutting around inside edges and remove seed pod.



3 Slice into rings or cut in half and cut into slices.

$\frac{1}{2}$ = 1 of
your 5 a
day

Tips

Can be eaten cold with dips or added to salads.

Can also be an added vegetable on a pizza.