Fruit of the Month
September 2016:
Persimmon

Persimmon is Japan's national fruit and that is where it originated. They are red-brown or orange fruits that grow on trees and look like a small, flat tomato capped by a calyx. Persimmons are a good source of vitamin c and an excellent source of fiber.

The two main varieties in stores are hachiya and fuyu. Hachiya persimmons are heart shaped and tend to have a very bitter taste if not eaten when very ripe.

The fuyu variety look like a flattened tomato and are usually very sweet, and can be eaten when still firm or even when really soft. The fuyu are perfect for a snack on the go.

How to eat Persimmons:

- Replace the tomatoes in your favorite salsa recipe with chopped Fuyu persimmons for a sweet salsa snack.

- Fuyu persimmons make a great fast food. Just slice and enjoy.

- Chopped Fuyu persimmons make a sweet topping for green salads.

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Veggie of the Month
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Bell Pepper

Bell Peppers come in a variety of colors such as green, red, yellow, orange, purple, brown and even black. Despite the variety of colors they are all from the same pant, know as Capsicum annuum. The red, orange and yellow peppers are sweet and fruity, while the green and purple can be slightly bitter. Bell peppers are not 'hot'.

Bell peppers are available throughout the year but they are most abundant and tasty during the summer and early fall months.

A ½ cup of bell peppers, which is about one small pepper, (green, yellow, and red) is an excellent source of vitamin C. Vitamin C helps your body heal cuts and wounds and helps lower your risk of infection. A ½ cup of red bell peppers is also a good source of vitamin B6. This vitamin helps your body build healthy blood cells.

How to eat Bell Peppers:
- Slice raw bell peppers and serve with low-fat dip for a snack.
- Top homemade pizza with sliced bell peppers - red, green, and yellow.
- Add chopped bell peppers to salads, stir fries or stir into soups and pasta sauces.

Vegetable Quesadillas
Makes 4 servings. 1 quesadilla each.
Ingredients:
1 tsp canola oil
½ cup chopped green bell pepper
½ cup frozen corn, thawed
½ cup sliced green onion
½ cup chopped tomato
2 tablespoons chopped cilantro
4 (6-inch) flour tortillas
½ cup shredded low-fat cheese
1. Heat the oil in a pan and sauté bell pepper and corn over medium heat until softened, about 5 minutes.
2. Add green onion and tomato. Cook until heated, then stir in cilantro.
3. Heat tortillas in a separate skillet over high heat. Place equal amounts of cheese and sautéed vegetables on each tortilla. Fold in half and continue to cook until cheese is melted. Serve hot.

Nutrition Facts: Calories 134,
Carbohydrate 20 g, Dietary Fiber 2 g,
Protein 7 g, Total Fat 3 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg,
Sodium 302 mg
Adapted from: Healthy Latino Recipes
Made With Love, Network for a Healthy California, 2008.

Shopper’s Tips
- Look for bell peppers that have thick, shiny, smooth skin and a fresh green stem. Pick peppers with a solid color.
- Put bell peppers in a plastic bag. Keep in the refrigerator for up to five days.
- Green bell peppers may last longer than red or yellow ones.

For questions, please contact Nicole Collins, MPH, RD
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