

Bell Peppers

- Wait until you are ready to cook the bell peppers to wash them.
- If you plan to use your bell peppers within the next day, it's ok just to leave them at room temperature. You can place them on your countertop or pantry. Avoid direct sunlight or water.
- Store bell peppers in the crisp drawer of your fridge for up to 2 weeks.
- Cooked bell peppers can last up to 3-5 days in a tightly sealed container.

Bell peppers contain vitamin C. This nutrient may help to support immune health and reduce inflammation.

