The Michigan Harvest of the Month™ featured vegetable is peppers.

Health and Learning Success Go Hand-in-Hand
Eating fruits and vegetables and being physically active are simple ways to make your family healthier. Healthy habits can help students concentrate and do better in school. Use Michigan Harvest of the Month™ to learn how to eat more fruits and vegetables and be more active.

Produce Tips
• Look for firm peppers that have thick, shiny, smooth skin and green stems.
• Choose sweet peppers with a solid color—green, yellow-orange, or red.
• Choose hot (or “chili”) peppers with a solid color—red, yellow, orange, green, purple, or brown.
• Store whole peppers in a sealed plastic bag in the refrigerator for up to one week. Wrap cut peppers in plastic and store in refrigerator for up to three days.
• Helpful Hint: Use rubber gloves when handling hot peppers. Be careful to never touch or rub your eyes.

For Instructions Only

Recommended Daily Amounts of Fruits and Vegetables*

<table>
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<tr>
<th></th>
<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
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<tbody>
<tr>
<td>Males</td>
<td>2½ - 5 cups per day</td>
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<tr>
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*If you are active, eat the higher number of cups per day. Visit www.choosemyplate.gov/ to learn more.

VEGETABLE QUESADILLAS
Makes 4 servings. 1 quesadilla each. Cook time: 15 minutes

Ingredients:
- nonstick cooking spray
- ½ cup chopped green bell pepper
- ½ cup chopped green onion
- ½ cup chopped tomato
- 2 tablespoons chopped cilantro
- 4 (6-inch) flour tortillas
- ½ cup shredded lowfat cheese

1. Coat medium skillet with nonstick cooking spray. 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 information per serving:
- Calories 134, Carbohydrate 20g, Dietary Fiber 2g
- Protein 7g, Total Fat 3g, Saturated Fat 1g
- Trans Fat 0g, Cholesterol 3mg, Sodium 302mg

Adapted from: Healthy Latino Recipes Made With Love, Network for a Healthy California, 2008.

How Much Do I Need?
• A ½ cup of chopped peppers is about one small pepper.
• A ½ cup of sweet peppers (green, yellow, and red) is an excellent source of vitamin C.
• A ½ cup of sweet red peppers is also a good source of vitamin B₆, which helps your body build healthy blood cells.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. Choose all forms of fruits and vegetables—fresh, frozen, canned, dried, and 100% juice. They all count towards your daily amount!

Healthy Serving Ideas
• Slice raw sweet peppers and serve with lowfat dip for a snack.
• Top homemade pizza with sliced bell peppers—red, green, and yellow. Or, use chili peppers for a spicy kick!
• Use chopped hot peppers to make spicy salsa. (Hint: For less spice, remove seeds and inner membranes.)
• Add chopped sweet peppers to salads or stir into soups and pasta sauces.
• Try a new pepper variety each week.

Let’s Get Physical!
• At home: Do sit-ups and push-ups during TV commercials.
• At work: Go for a one-mile walk (about 25 minutes) during lunch.
• With the family: Visit a local or state park and go for a hike.

To find a park in your area, visit: www.michigan.org/nature-parks/

What’s in Season?
Michigan grown peppers are usually available July through October. They are usually available from May through November. Local grown varieties may be fresher and cost less than varieties shipped from other states or countries.

Try these other good sources of vitamin B₆: avocados, bananas, and potatoes.

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