

Bell Pepper



Bell Peppers (no matter the color) are low in calories and are excellent sources of vitamins A, C and E, potassium, folic acid, and fiber. Fresh, raw bell peppers are mainly composed of water (92%). The rest is made up of carbohydrates and small amounts of protein and fat.

Consumption of bell peppers has been shown to be effective in reducing the risk of cataracts and macular degeneration. The high level of vitamin C in bell peppers aids in the absorption of dietary iron which can help prevent anemia.

Veggie Barley Salad with Orange-Honey Vinaigrette

Makes 4 Servings

Ingredients

1 cup pearl barley	1 medium tomato, chopped
2 medium carrots, shredded	1 medium bell pepper, seeded and chopped
2 cups chopped fresh kale	3 tablespoons orange juice
3 tablespoons olive or grapeseed oil	
2 tablespoons apple cider vinegar (or any other mild vinegar)	
1 teaspoon honey	Salt and freshly ground black pepper

Directions

1. Bring a large pot of water to a boil. Add the barley and cook, uncovered, until tender, about 40 minutes. Transfer to a large bowl. Add the tomato, carrots, bell pepper, and kale and stir to combine.
2. In a small bowl, whisk together the orange juice, olive or grapeseed oil, vinegar, honey, salt, and pepper. Pour the vinaigrette over the barley salad and mix thoroughly. Refrigerate overnight for best results.