

Tomato Pepper Sauce

INGREDIENTS

4 fresh tomatoes, cut into wedges, or about 20 cherry tomatoes

2 bell peppers, or 4-6 smaller peppers cut into strips or chopped

About 10 basil leaves, chopped

1 onion, chopped (optional)

1/4 cup extra virgin olive oil

1 teaspoon dried oregano, or 1 tablespoon fresh (optional)

1 pinch pepper and salt (optional) to taste

INSTRUCTIONS

1. Preheat a frying pan on medium heat.
2. Pour in olive oil and tilt pan to coat bottom.
3. Cook peppers and onions in oil until soft and onions are transparent.
4. Add tomatoes, basil, and oregano, salt and pepper, and cook until tomatoes are heated through and basil is wilted. If you'd like the mixture to be drier, add tomatoes and simmer until enough water has boiled off, then add the spices.
5. Spoon onto pizza and enjoy!



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Peppers, Sweet & Hot

All are members of the same species: *capsicum annuum*. Native to southern North America and Northern South America, they are semi-tropical plants that love warm weather! The pepper is technically a fruit (the carrier of the seed), and may be red, yellow, orange or green when ripe. There are over 200 varieties!

When ripe, peppers are higher in vitamin C than an orange (about 90 mg), and even unripe (usually green in color) peppers have about 60 mg (the same as an orange). They also contain vitamin A, potassium and iron.

In the kitchen: So many uses! Add to vegetable sautés, corn bread, curries and Latin dishes. Capsicum is the compound that gives peppers their heat. The range of hotness is measured in Scoville units, and ranges from 0 in sweet peppers to 550,000 in Habaneros. Be careful; the compound can burn mucous membranes like eyes and lips.

In the garden: Have fun growing different varieties! Pepper plants are tender; wait until well after frost to put them out. Temperatures below 55° F may affect pepper production later. June 7th is usually a safe date.