



Bell Pepper Snack Cups

Green bell peppers filled with a variety of colorful vegetables create a fun snack for kids of all ages!

Makes 4 servings.

Ingredients:

- 4 DOLE® Green Bell Peppers
- ½ cup low fat Ranch dressing
- 1 DOLE Red Bell Pepper, seeded, cut into strips, 4-inches long and ½ -inch wide
- 12 DOLE Mini Peeled Carrots
- 2 stalks DOLE Celery, cut into strips, 4-inches long and ½ -inch wide
- 8 DOLE Asparagus spears, trimmed to 4 to 5 inches long
- 1 small jicama*, peeled, cut into strips, 4-inches long and ½ -inch wide

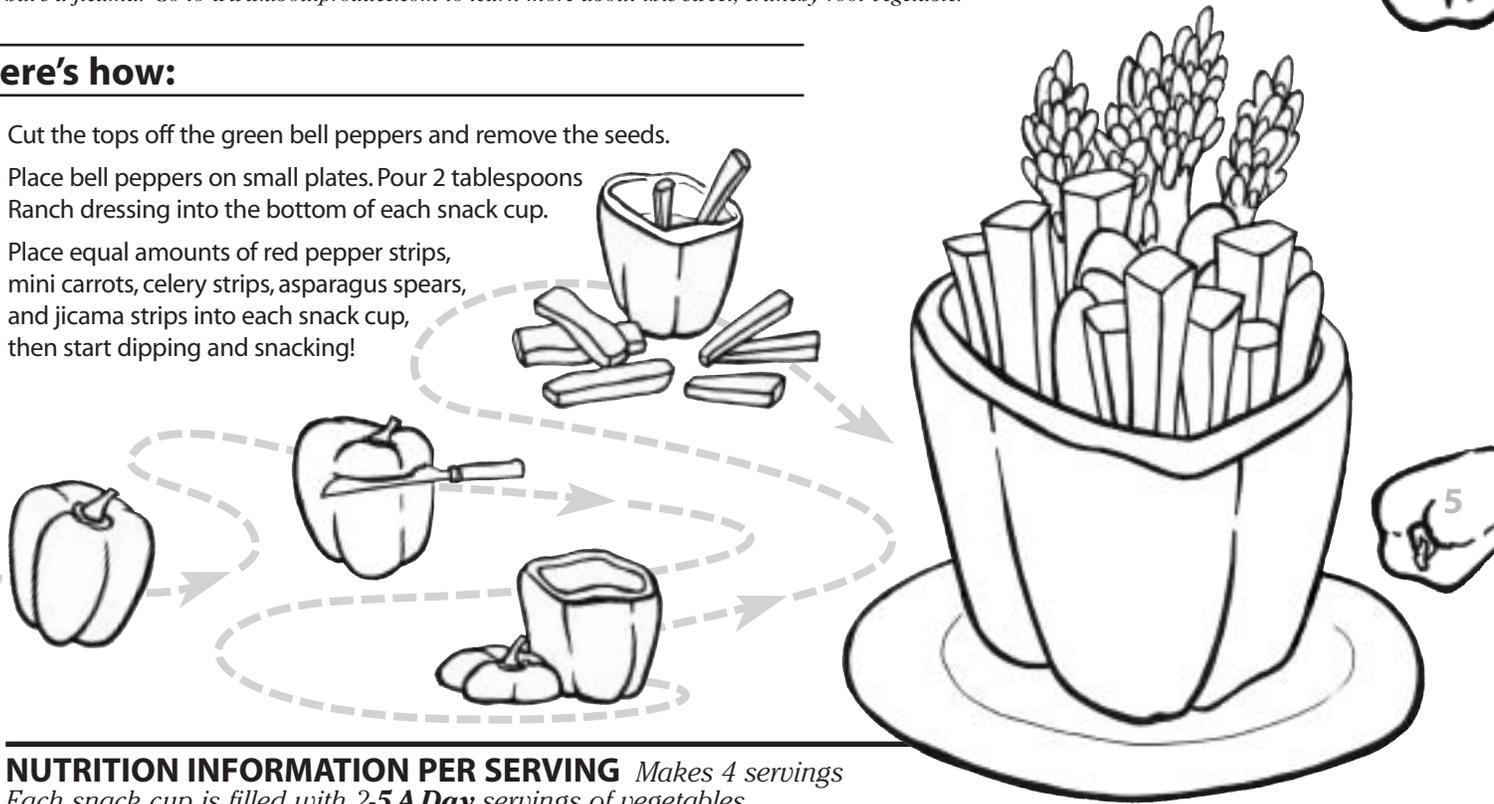
*What's a jicama? Go to www.aboutproduce.com to learn more about this sweet, crunchy root vegetable.

You'll need:

- Cutting board and knife
- Four small plates

Here's how:

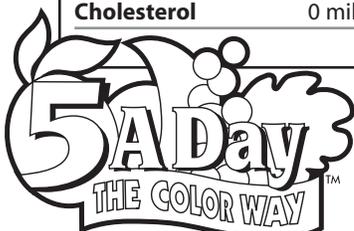
1. Cut the tops off the green bell peppers and remove the seeds.
2. Place bell peppers on small plates. Pour 2 tablespoons Ranch dressing into the bottom of each snack cup.
3. Place equal amounts of red pepper strips, mini carrots, celery strips, asparagus spears, and jicama strips into each snack cup, then start dipping and snacking!



NUTRITION INFORMATION PER SERVING

Makes 4 servings
Each snack cup is filled with 2-5 A Day servings of vegetables.
If you eat your snack cup, you'll get an additional two servings!

Calories	130	Sodium	366 milligrams	Vitamin A	4967 International Units
Total Fat	3 grams	Potassium	405 milligrams	Vitamin C	94 milligrams
Saturated Fat	1 gram	Total Carbohydrate	21 grams	Calcium	32 milligrams
Cholesterol	0 milligrams	Dietary Fiber	6 grams	Iron	0.9 milligram
		Protein	2 grams	Folate	66 micrograms



This recipe is **5 A Day** approved and provides vegetables from four color groups. Can you figure out which groups? Write the name of each ingredient in the correct box. Find the answers by going to www.dole5aday.com/Rainbow.

Red	Orange/Yellow	White	Green	Blue/Purple
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