

# Bell Pepper

**Store:** Refrigerate whole peppers in a plastic bag for up to 1 week.

**Prep:** Rinse peppers well. Slice open, and carve away the seeds and inner white flesh before use.

**Serve:** Use cooked or raw peppers in salads, pasta or rice dishes, eggs, or stir-fry. Stuff peppers with a mixture of rice or couscous, cheese and onions, and bake.

**Tips:** Try a new pepper variety each week; each has a different sweetness.



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# Corn

**Store:** Keep fresh corn in a cool place or in the refrigerator for up to 3 days.



**Prep:** Remove outer husks and silk. Kernels can be left on the cob for cooking or sliced off using a knife.

**Serve:** Cook by steaming, grilling, or stir-frying the kernels with other vegetables. Boiling loses some of the valuable nutrients.

**Tips:** Peak season for fresh corn is in the summer. Look for low-sodium corn when buying canned.



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# Lemon

**Store:** For the juiciest, long-lasting lemons, store them in a zip lock bag and refrigerate.

**Prep:** Cut in slices or in half if juicing.

**Serve:** Juice or add to beverages in slices.

**Tips:** Good source of water, vitamin C, dietary fiber and potassium. Slices can be added to water and left in a patcher overnight for naturally flavored water.



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# Patty Pan Squash

**Store:** Lasts 2-3 months when stored in a cool, dark place. Do not refrigerate.

**Prep:** Peel skin off before using, remove seeds and pulp inside.

**Serve:** Cook them by steaming, microwaving, baking, or stir-frying. Roast peeled cubes of squash for 40 minutes at 425 F and puree into soup, pasta sauce, add to baked dishes, mash into desserts, etc.

**Tips:** Boiling loses nutrients. Roast seeds separately for a protein-packed snack. Good source of fiber.



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# Pineapple

**Store:** Lasts 2-3 days before cut and unrefrigerated. Cut pineapple needs to be refrigerated in an airtight container for 3-4 days.

**Prep:** Cut off top and bottom of pineapple. Peel/cut off skin and cut sections around the core. Throw away the core and cut the slices as desired.

**Serve:** Cut into small pieces for a snack. Add into salsas, fruit salads, and yogurts.

**Tips:** Good source of Vitamin C.



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# Summer Squash

**Store:** Place in a plastic bag and store in the crisper drawer of your refrigerator.

**Prep:** Rinse just before use so they will last longer.

**Serve:** Cook by steaming, microwaving, baking, or stir-frying, or eat raw in salads.

**Tips:** Great source of fiber that will keep you full longer.  
Select sizes small to medium for a less watery taste.



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