

Too many peppers? Try ROASTED PEPPERS

The idea here is to preserve the peppers using a three-pronged approach — salt, vinegar, and oil — that a) makes them taste great and b) allows them to keep for a long time.

Source: <https://www.chopchopfamily.org/recipe/roasted-peppers/>

HANDS-ON TIME: 35 | TOTAL TIME: 60 | MAKES: 4 CUPS

KITCHEN GEAR

- Cutting board
- Sharp knife (adult needed)
- Rimmed baking sheet
- Aluminum foil
- Measuring cup
- Pot holders
- Medium-sized bowl
- Measuring spoon
- Clean jars with lids



INGREDIENTS

- 4 red, orange, or yellow bell peppers
- 1/4 cup olive oil
- 1/4 cup white vinegar
- 2 garlic cloves, smashed with the side of a chef's knife and peeled
- 1 teaspoon kosher salt

INSTRUCTIONS

Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.

1. Line the baking sheet with aluminum foil. Move an oven rack to the top shelf. Turn the oven and set the heat to broil.
2. Cut the peppers in half lengthwise. Slice out the stems. Remove the seeds and white ribs using your hands and/or the knife.
3. Arrange the pepper halves on the aluminum foil, skin side up.
4. Put the baking sheet in the oven and broil until the peppers are blackened and collapsing, about 15 minutes.
5. Using pot holders, carefully remove the baking sheet from the oven and set it on top of the stove. Still using pot holders, gather up the edges of the foil so that the peppers are mostly inside a kind of foil tent, and leave them to steam and cool for 10 minutes.
6. Peel and rub off as much of the blackened skins as you can. This is messy! Just do your best. If you're using the peppers right away, they're ready now. If you're preserving them for later use or gift-giving, move on to step 7.
7. Put the oil, vinegar, garlic, and salt in the bowl and add the pepper halves. Use your clean hands to make sure that all the peppers get coated with the oil and vinegar mixture.
8. Divide the mixture evenly among the jars. Screw the lids on. Refrigerate the peppers for up to one month. Note: Use roasted peppers on pizza or in salads and casseroles.

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Too many onions? Try FREEZING ONIONS

From Alice Henneman, MS, RDN, UNL Extension in Lancaster County

If you like cooking with fresh onions, but frequently toss an unused portion, try freezing them! The following method works for **fully mature onions**:

1. Wash, peel and chop raw, fully mature onions into about 1/2" pieces. There is no need to blanch onions.
2. Bag and freeze in **freezer** bags for best quality and odor protection. Package -- flat -- in freezer bags to hasten freezing and make it easier to break off sections as needed. Express out the air and place bags on cookie sheets or metal pans until onions are frozen. Then, restack bags to take up less room.
3. Use in **cooked** products, such as soups and stews, ground meat mixtures, casseroles, etc. For most dishes, frozen onions may be used with little or no thawing. (Will keep 3-6 months.)

Note: You can freeze chopped peppers using the same technique.

Did you know ...

According to the [National Onion Association](#):

- After you purchase onions, you should store them in a cool, dry, ventilated place — not in your refrigerator. Avoid storing onions in plastic bags during storage outside of the refrigerator; the lack of air movement will reduce their storage life. After onions are chopped or sliced, store them in a sealed container in your refrigerator for up to 7 days
- One medium onion yields about 1 cup of chopped onions.
- Use low or medium heat when sautéing onions. High heat will make them bitter.
- Reduce crying when cutting onions by first chilling them for 30 minutes. Leave the root end intact when cutting onions. The root end has the highest concentration of the sulphuric compounds that cause tearing
- Onions provide flavor and health promoting phytochemicals and nutrients
- Lemon juice or vinegar removes smell from hands.



Sources: University of Nebraska Lincoln Extension and SDSU Extension

Information provided by OSU Wayne County Extension SNAP Ed Team
428 W. Liberty St. Wooster, Ohio 44691 Phone: 330-264-8722

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