


## Vegetable Main Dish Recipes Vol. 6

# Boost Your Immune System with Green Peppers, Packed with Vitamin C



Green peppers are highly effective in boosting your immune system and helping you recover from fatigue, and that alone is a good reason to eat them, considering the fatigue all feeling during COVID-19. Green peppers, which we introduce in this issue, are the kind we generally see in the stores in Japan, and have a characteristic bitterness. They start out green, but as they mature, the color turns red or yellow.

By Makiko Hei

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### One of the highest levels of vitamin C among vegetables

Green peppers, like tomatoes a member of the nightshade family, are rich in vitamin C—and twice as much as a lemon. Vitamin C helps promote the function of cells called leukocytes, which fight viruses and microbes in the body and boost the immune system. In addition, while vitamin C in most vegetables is destroyed by cooking, the vitamin of green peppers is more heat resistant. That's because they also contain vitamin P, which protects vitamin C from heat and oxidation.

Unfortunately, our bodies can't accumulate vitamin C if we take in more than a certain volume, and the excess will be excreted in urine. So try to work some green peppers into your everyday diet.

Green peppers are rich in beta-carotene, too. This is transformed into vitamin A in the body to maintain the normal function of skin and mucous membranes. Beta-carotene is also a nutrient that helps prevent cancer and strengthen the immune system.

### How to select and store green peppers

Fresh ones have healthy stems and smooth, shiny skin. Even when they lose a little of their freshness, trim the end of the stem with scissors and soak it in water for 30 minutes to an hour to restore it.

If you plan to use peppers immediately, cut in half and soak them in cold water for about 20 minutes. You can place a plate or something on top of the peppers so that the cut ends are properly submerged in water.



# Meat-stuffed Green Peppers (4 servings)

~Great Nutritional Balance with Green Peppers and Meat-They Bake up Nice and Fluffy in the Oven~

Cooking time: 50 minutes

## [Ingredients]

4 green peppers  
300g ground pork and beef

(A)

1/2 teaspoon salt  
Pepper to taste  
1 tablespoon grated ginger  
1 teaspoon soy sauce  
1 teaspoon tomato ketchup  
1 egg  
2 tablespoons breadcrumbs mixed with 2 tablespoons milk

(Sweet & sour sauce)	1/2 teaspoon potato starch
3 tablespoons tomato ketchup	3 tablespoons water
3 tablespoons rice vinegar	
1 tablespoon soy sauce	Flour as needed
1 tablespoon sugar	Olive oil as needed



## [How to cook]

1. Cut green peppers in half vertically, remove seeds and membranes (It's OK to leave some), and lightly dust the insides of the peppers with flour.
2. Combine the meat (refrigerated until just before preparation) and the items in (A) and mix well by hand.  
Stuff 1/8 of the meat mixture into each of the pepper halves in (1).  
(\* ) It's easier to stuff the meat mixture into peppers if you put a little oil on your hands first.  
(\* ) Carefully fill the peppers with the meat mixture in two batches. The meat will shrink as it cooks, so fill the peppers with the meat mixture until the meat forms a mound over and smooth the surface.
3. Heat oil in an oven-safe skillet and place the peppers from (2) meat side down. Brown the surface of the meat over medium heat and turn over. And then place the skillet into an oven preheated to 180 °C and bake for 12 minutes.
4. Put the ingredients for the sauce into a small pan, mix them well and place on medium heat. Bring the sauce to a boil and then pour over the peppers.



## Tips

You can substitute bell peppers for green peppers. They have a thicker flesh, so it's easier to stuff the meat mixture into them.





## Pasta Salad with Plenty of Green Peppers (4 servings)

~The subtle curry flavor stimulates your appetite. The flavor of the green peppers blends well with the pasta thanks to the heat that remains in the cooked pasta.

Cooking time: 20 minutes

### [Ingredients]

100g of your favorite short pasta (dry)  
3 or 4 green peppers  
1 canned tuna flakes (net 70g)  
3~4 tablespoons mayonnaise  
2/3 tablespoon vinegar  
1/4 teaspoon sugar  
1/2 teaspoon curry powder  
Salt (to taste)



1



### [How to cook]

1. Remove the membranes and seeds from the green peppers and finely slice them. Drain nearly two-thirds of the oil from the tuna can.
2. Boil pasta in plenty of boiled water with a pinch of salt for the time indicated on the package. Drain the pasta using a strainer and put it in a bowl.
3. Add the green peppers and tuna to the bowl while the pasta is still hot. Cool it down, then add mayonnaise, vinegar, sugar, and curry powder, mix well, and add salt to taste.

3



### [Menu possibilities]

You can also enjoy shredded green peppers in miso soup.

### Profile

#### Makiko Hei

I love vegetables. I try to handle them with care and cook them simply but luxuriously, with the motto "Let's make our daily meals delicious regardless of the genre of the dishes!"

HP: <https://vege3.jp/>

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\* The school teaches a careful approach to preparing of vegetables in ways to create glamorous vegetable dishes, with the motto "Love vegetables, make delicious daily meals."

