Bell Pepper (*Capsicum annuum*)

**Origin**

Peppers are native to the Americas, mostly Mexico, Central America, and northern South America. The bell pepper can be found in various colors such as red, yellow and green. These are not hot peppers, but they are members of the nightshade family as are potatoes and tomatoes.

**Food Production**

Bell Peppers grow in many different climates and are popular throughout the world. China is the top commercial producer of bell peppers.

**Nutritional Qualities**

This vegetable is low in saturated fat, sodium and cholesterol. Peppers are an excellent source of fiber, vitamin A, vitamin C, vitamin K, vitamin B6, potassium, and manganese.

**Famous Dishes**

Beef and rice stuffed peppers, sautéed pepper strips, Italian sausage sandwich, vegetable skewers, and roasted peppers.