



How to Safely Cut Bell Peppers:



1. With your fingertips curled under, cut off the crown (top) of the bell pepper.



2. Place the cut side down. Then cut one quarter off.



3. Turn and cut off the remaining three sides.



4. Cut off the bottom end of each quarter.



5. Trim off the white membranes and seeds and discard into the trash or compost.



6. Cut the four sides into wide strips to serve raw with dip. Cut into smaller strips for stir-fries or fajitas. Dice or mince for soups and other recipes!

