

Jalapeno Peppers

Jalapeno Peppers which belong to the Capsicum family, are one of the best-known chili peppers. They are usually about 5cm/2 inches long, have a conical shape, and range from a medium to dark green in color, turning red when ripe.



How to buy:

Jalapeno peppers should be:

- Firm, smooth-skinned and have solid green coloring.
- Dry lines are not blemishes, but indicate maturity and hotness.

Nutrition:

Jalapenos are low in Saturated Fat, and very low in Sodium and Cholesterol. They're also a great source of Iron, Magnesium, Niacin, Phosphorus and Riboflavin and an excellent source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Thiamin, Vitamin B6, Folate

Preparation:

- wash well and remove the stem.
- Wear gloves cutting, trimming, and slicing these peppers
- Be careful to not touch your eyes while you are cutting jalapeño peppers.

Storage tips:

Store them in a cool dark place or unwrapped in the refrigerator crisper where they will keep for a week or so. Do not store in plastic bags or cling film as this will make them rot. Storage time can be increased by placing them in oil. Jalapeño peppers can be frozen without blanching because of their high citric acid content.

Recipes

JALAPENO CHEESE BALL (Easy)

Printed from COOKS.COM

- 1/2 lb. mild Cheddar cheese, grated
- 1 (8 oz.) pkg. cream cheese, softened
- 1/2 c. olives, optional
- 2 lg. pickled jalapenos, finely chopped
- 2 cloves garlic, finely minced
- 3 tbsp. jalapeno pepper juice
- 1 c. pecans

1. In a medium size mixing bowl, combine cheeses, olives, jalapenos, garlic and pepper juice. Mix into a ball.

2. Roll ball mixture in chopped pecans.

3. Serve with crackers. Yield 16-20 servings.

STUFFED JALAPENOS

- 12 pickled jalapeno peppers
- 1 (3 oz.) pkg. cream cheese, softened
- 1/2 c. shredded sharp Cheddar cheese
- 1/4 c. sliced green onion
- 12 pimento strips, optional

Rinse and drain jalapeno peppers. Slit lengthwise on one side; remove seeds and veins, leaving stem attached. Beat cream cheese until fluffy. Beat in Cheddar cheese and green onions. Stuff each pepper with part of the cheese mixture. Arrange on heat proof serving plate or baking sheet. Bake in 350 degree oven for 10 minutes or until cheese melts. Top with pimento. Makes 12.

EASY SALSA

- 1 lg. can stewed tomatoes
- 1 sm. can green chilies, chopped
- 1 sm. onion, chopped (1/4 c.) or 5 to 6 green onions, chopped
- 1 tbsp. garlic
- 1 tbsp. cumin
- 1 tsp. Tabasco sauce

Salt and pepper to taste. Mix all above and let set in refrigerator for at least an hour until flavors blend.

