

# RECIPE for health

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In partnership with Health4U and University Housing

Featured Food:

## RED BELL PEPPERS



Bell peppers are abundant in our gardens right now. Also known as sweet peppers, they are like the Christmas ornaments of the vegetable world since they are beautifully shaped, shiny, and colorful. Green and purple peppers have a slightly bitter flavor, while red, yellow and orange peppers are sweet and fruity.

Bell peppers of all shapes, sizes, and colors provide you with an abundance of vitamins A and C, antioxidants that work to neutralize free radical damage to your body. Liken free radical damage to the browning that occurs when you slice into an apple exposing the cut surface to oxygen. If you add the antioxidant vitamin C by dipping the cut apple in orange juice, the browning (oxidative damage) stops, turning the cut surface white again.

Red peppers are unique among bell peppers in that they contain lycopene, a pigment that gives vegetables and fruits their red color. Lycopene is a carotenoid with powerful antioxidant capabilities. Several studies suggest that consumption of foods rich in lycopene is associated with a lower risk of prostate cancer and cardiovascular disease.

Red foods are able to release more lycopene when they are cooked. Cook or serve the lycopene-rich food with vegetable oil, and your body is able to absorb it even better.

## Veggie Lo Mein

*from the kitchen of the MSU Residence Halls*  
Serves 4 – 6

- 8 oz whole wheat spaghetti
- 2 cups frozen edamame (shelled soybeans)
- 4 green onions, thinly sliced
- ¼ cup peanut sauce (Bangkok or other brand)
- ¼ cup rice wine vinegar
- 2 t sugar
- 2 T vegetable oil
- 2 medium carrots, julienned
- 2 T light soy sauce
- 2 t sesame oil
- ¼ t crushed red pepper flakes
- 1 large red bell pepper, julienned

Cook pasta according to directions on package.

While pasta is cooking, thaw edamame and prepare vegetables.

Mix peanut sauce, rice wine vinegar, soy sauce, sugar, red pepper flakes and sesame oil. Heat vegetable oil in skillet. Cook carrots and red pepper until slightly softened. Stir in edamame. Add noodles and sauce. Toss ingredients and heat through. Garnish with sliced green onions and serve.

Veggie Lo Mein will be featured in the MSU Residence Hall Dining Rooms on September 12 for dinner in Wonders, Wilson, Holmes, Yakeley, and Shaw, and on September 19 in Case, Brody, McDonel, and Akers.

Once you try this delectable dish, you'll want to make it at home! Enjoy. For meal hours, visit [eatatstate.com](http://eatatstate.com)

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