

## today's main ingredient





## Stuffed Jalapenos or Poppers

The jalapeño is the most popular chili pepper in North America. When fully mature, jalapenos are a bright red. On the Scoville heat scale, the jalapeño is rated 2,500 to 5,000 units—a "medium-hot" pepper.

## **INGREDIENTS**

Fresh whole jalapeños
Your favorite cheeses, such as Parmesan, plus cream cheese
Seasoned bread crumbs
Garlic, minced (optional)

**STEP 1** – Wash peppers. Cut off stem. Cut in half, lengthwise if stuffing; or for making poppers with whole peppers, cut a slit along one side of each pepper.

**STEP 2** – Wearing disposable plastic gloves, remove the seeds, then rinse and dry peppers.

**STEP 3** – Grate the hard cheese, if using it, and mix with cream cheese, minced garlic, and some bread crumbs. Stuff the peppers with this mixture.

**STEP 4** – Bake in a 370° oven for 20 to 25 minutes, or until the peppers are done.

**Optional:** Wrap stuffed peppers in store-bought crescent-roll dough and bake in a 350° oven until the dough and peppers are done. (Note: If the dough is getting too brown, lay a piece of foil loosely over the peppers until they are done.)

Alternatively [from Cookinglight.com]: Wrap stuffed peppers with bacon and secure with soaked toothpicks and grill uncovered, turning frequently, over medium heat until tender and bacon is crisp, about 15 minutes.

Check out our weekly interviews with local farmers and chefs as our podcast series focuses on one locally grown ingredient in each episode. From kale to radishes to peas to garlic and mushrooms, and more, listen to farmers discuss how they grow that ingredient and hear chefs discuss what to do with it once you get it into the kitchen. This podcast can also be heard on radio at WDNH-FM (93.5) and WYCY-FM (103.5) on Sunday mornings at 7:05 a.m. and 7:20 a.m. respectively.