

# FOOD BYTES

Hi there!

**November  
2023**

## Hydration in the Cooler Months

Hydrating properly tends to be easier in warm months, but it's important to get adequate hydration year round. Dehydration can cause dry mouth and skin, headaches, muscle cramping, and lack of energy. Here are some tips to stay hydrated even as the weather turns colder:

- Get hydrated from foods. Broth soups along with high water content fruits and vegetables such as bell peppers, lettuce, cucumber, oranges, and grapefruit.
- Enjoy warm drinks such as a hot tea.
- Carry a water bottle everywhere so you always have access to water. Set timers and reminders to take water breaks if you tend to get busy and forget.
- Infuse your water with flavor – add in flavoring from fruits or vegetables to make drinking water more flavorful if you don't like plain water.



**NOVEMBER IS  
NATIONAL  
PEPPER  
MONTH**

Peppers come in all sizes and colors. Some pack heat. Others are sweet. You can get them fresh, frozen, dried, or canned. They're rich in Vitamin A, C and B6, and are a good source of Fiber.

## **KITCHEN TIP**

Removal of the ribs and seeds that rub against the ribs in hot peppers will reduce the hot intensity of the pepper. Be careful not to touch your eyes after handling hot peppers or consider wearing gloves.



## *Recipe* **3-Ingredient Bell Pepper & Cheese Egg Cups**

**Makes 4 Servings**

### **Ingredients:**

- 4 medium bell peppers, any color
- ¼ teaspoon salt, divided
- ¼ teaspoon ground pepper, divided
- 8 large eggs
- ¼ cup Mexican-blend shredded cheese
- Chopped fresh cilantro for garnish

### **Instructions:**

1. Preheat oven to 400°F. Coat a baking sheet with cooking spray.
2. Cut bell peppers in half through the stem end. Remove ribs and seeds. Place the peppers in the pan cut-side up and sprinkle with 1/8 teaspoon each salt and pepper.
3. Bake the peppers for 15 minutes. Remove the baking sheet from the oven and crack 1 egg into each pepper cup. Season with the remaining 1/4 teaspoon each salt and pepper, then top each with 1/2 tablespoon cheese.
4. Bake until the egg whites are set, 15 to 20 minutes. Sprinkle with cilantro, if desired.