

# JALAPEÑO

*Learn how you can enjoy this mildly spicy, versatile chili pepper*



## GREEN OR RED

*Jalapeños can be picked when they are green or left on the plant until they reach full ripeness and turn red. When left to fully ripen, the jalapeños bring a little more kick of heat coupled with some additional sweetness*

## RIBS AND SEEDS

*The white strands connected to the jalapeños are known as ribs. The ribs and the seeds attached to the ribs are where the highest concentration of heat will be. So if you're looking for a milder flavor, simply remove the ribs and seeds when prepping the pepper.*



## DID YOU KNOW?



*Red jalapeños that are smoked and dried are known as chipotle peppers! You'll often find chipotle peppers packaged as Chipotle Peppers in Adobo sauce in the store.*



## MAKE 'EM HOTTER

*Ever notice the cracked lines on a jalapeño? These lines indicate the amount of stress the plant has endured. If the jalapeño soil gets dry between watering, this will cause the plant to be more stressed than a continually moistened soil.*

*If you like your jalapeños with a little more kick, try watering them less frequently than normal. But be careful to not let the soil go too long without water!*



## STUFFED JALAPEÑOS

*inspired by Raquel Lynn Horses & Heels*

### *Ingredients*

- *12 jalapeño peppers*
- *1/4 cup minced green onion*
- *1/4 cup chopped fresh cilantro*
- *3/4 cup cream cheese*
- *1 1/2 teaspoons cumin*
- *1/4 teaspoon salt*
- *2 ounces jack cheese, cut into 2-inch long strips*

- 1. Preheat the oven to 375°F*
- 2. Slice the jalapeños in half lengthwise and scrape out all the seeds and ribs from each jalapeño with a spoon*
- 3. Mix together all the filling ingredients except the jack cheese strips*
- 4. Pack the filling into the pepper halves and nestle a strip of jack cheese onto the filling of each one*
- 5. Arrange the peppers on a foil-lined baking sheet and bake at 375°F for 20 to 30 minutes, or until the cheese is bubbly and lightly browned, and the peppers are cooked. Cool for 5 minutes and enjoy!*