

SIMPLY GOOD FOOD

JALAPENO PEPPERS

Hot peppers require caution in handling. Some people are extremely sensitive to the capsaicin in the pepper seeds and veins. The capsaicin irritates their skin and, if hands touch tongue or eyes; the discomfort can be severe. Wear rubber gloves when handling hot peppers until you can gauge your sensitivity. Always wash hands well after handling peppers.

Because the capsaicin in peppers is in the seeds and ribs, removing these parts significantly reduces a pepper's kick. If a recipe calls for whole hot peppers, you can reduce the heat by halving the peppers and cutting away seeds and ribs.



Hot PEPPERS are one of the world's most common seasonings. They add zest to all manner of dishes and are especially appreciated in hot climates, where their consumption has a cooling effect.

A small (about 2 inches long), smooth-skinned green chile that is popular in Mexico and the southwestern United States. It is often pickled with carrots and onions and served as a table relish. Jalapenos are minced raw and used in salsas or split, deveined; stuffed with cheese or fish, and served as an appetizer. They are frequently canned, either whole, sliced, or in seeded strips. Jalapeno slices add zest to tacos, hamburgers, cheese dishes, and pizza. When ripened and smoked, jalapenos are known as *chiles chipotles*.

AVAILABILITY

Many supermarkets today stock at least a few fresh chiles, such as jalapeno and serrano varieties. Dried whole red chiles are often available in jars on the spice rack. In addition, many supermarkets carry canned or bottled chiles. For a wider selection of fresh, dried, and canned or bottled chiles, seek out a Latin or Asian market or a well stocked specialty produce market. Most fresh hot chiles are available the year around, although supply of some varieties may be sporadic.

NACHOS

1 package corn tortilla chips 1/2 cup jalapenos
 1/2 cup green onions, chopped
 2 1/4 cups shredded Monterey Jack or sharp Cheddar cheese

Preheat oven to 400 degrees F. Place tortilla chips in a single layer on 2 baking sheets. Sprinkle with jalapenos and green onions. Cover with shredded cheese. Bake until cheese melts (about 5 minutes). Serve warm from oven.

TEX MEX RICE PANCAKE AND SAUCE

PANCAKE INGREDIENTS:

1 1/2 cups rice
3 cups water
7 jalapeno slices (pickled jar kind)
1 cup monteray jack cheese
1 tablespoon olive oil
salt to taste

SAUCE INGREDIENTS:

1 15 oz can diced tomatoes
1 15 oz can black beans (rinsed and drained)
1 15 oz can corn (drained)
8-10 green onions (chopped and separated)
2 tablespoons chili powder
1/4 cup chopped fresh cilantro

PANCAKE DIRECTIONS:

Add rice and water together into a medium pan and bring to a boil. Cover and cook for 20 minutes. Put rice in a large bowl and add cheese and jalapeno peppers. Stir until mixed well. You can add salt if you like it. Add 1 tablespoon olive oil to a medium nonstick frying pan and dump in rice mixture.

Smush it down into a large patty that will fill up the pan and cover and cook over med-hi heat for 10 minutes until brown and crisp on bottom. To serve, flip it over so the browned part is on top and divide between plates. Top with the sauce that you made while the rice was cooking and frying.

SAUCE DIRECTIONS:

Add tomatoes, light parts of green onions, black beans, and chili powder to medium saucepan over medium heat and let it simmer for about 15 minutes. When it is about 10 minutes from time to eat, add the corn, half the cilantro, and green parts of green onions. Simmer until rice pancake is ready. Add sauce to top of rice stuff and sprinkle with a little fresh cilantro.

Serves 4-6.

Preparation time: 30-40 minutes

Nutrition information: low fat

Supporting State Extension Goal: Health, Safety and Well Being

Prepared By
Shawnte' Henry
Swisher County Extension Agent - FCS
310 West Broadway
Tulia, Texas 79088
(806) 995-3726

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