



**MINI ME**  
Mini bell peppers—also known as mini sweet peppers or mini sweeties—are small versions of traditional bell peppers.

**WARNING!**  
Ask an adult's permission before using the oven.

## Bake up pepperoni pizza pepper poppers

### Ingredients

- 6 mini bell peppers
- ¼ cup pizza sauce
- 1 cup grated mozzarella cheese
- 2 ounces pepperoni, chopped
- Optional toppings: olives, fresh basil, corn, chopped jalapeños or tomatoes, marinated artichokes, ricotta cheese, pre-cooked chopped or shredded chicken

### Instructions

1. Heat the oven to 400° F. Rinse the mini bell peppers, then halve each lengthwise. Scoop out the peppers' membranes (the white part inside) and seeds and discard.
2. Arrange the peppers with the cut side facing up on a baking sheet. If a pepper leans too much to one side, you can help keep it propped upright with the support of a small ball of aluminum foil.
3. Spoon 1 teaspoon pizza sauce into each pepper. Top with a sprinkling of cheese and pepperoni. You can also use other toppings of your choice (see ingredients).
4. With an adult's help, bake the mini peppers until the cheese is melted and bubbly and the peppers have softened, about 7 minutes.
5. Remove peppers from oven and let cool slightly before eating. Makes 3 servings.



**LIFE HACK**

### MAKE YOUR FRIENDS LAUGH

Laughing with others is a way to connect and to relieve stress. One way to get a laugh is to share a joke. You can find inspiration at the library—ask a librarian to direct you to joke books for kids—or ask a parent to help you search jokes for kids online. You can memorize jokes you find or use them to help inspire your own. Think about who you will be telling the joke to and what they might find humorous. For example, a joke about Minecraft might be funnier to a friend than to a grandparent. Regardless of whom you're addressing, jokes should not be unkind or hurt feelings. Practice telling your joke in a mirror or with a friend. Once you are ready, try it out on your friends and family.



**Practice jokes with a friend!**