Jalapeño Jelly, Text to Tables, and Tables to Text assignment.

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9/15/12

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| **Jalapeño Jelly** |
| chiles,chilies,chilis,designs,foods,green peppers,iStockphoto,jalapenos,peppers,Photographs,seasonings,spices,starbursts | 3 Jalapeño peppers | 4 Bell peppers  |
| 5 cups sugar | 1 cup white vinegar |
| 1 package or bottle of pectin |  |
| Open the peppers and remove seeds and veins. Run peppers through food processor until finally chopped. (I usually add the vinegar to the food processor with the peppers). Add all juices to a pot with the sugar and boil for 10 minutes. Remove from heat, add pectin, and continue boiling until it reaches the hard boil stage. Boil for 1 minute. Pour into sterile jars to within ½ inch of the top. Put on cap, screw band firmly tight. Process in boiling water bath for 5 minutes. Makes 5 ½ pints. |

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| Color | Number | Exercise |
| Red | One | Power Walking |
| Yellow | Two | Jogging |
| Green | Three | Swimming |
| Pink | Four | Hiking |
| Blue | Five | Stair Master |
| Orange | Six | Elliptical |
| Tangerine | Seven | Weights |

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