

BEYOND HUNGER

Sautéed Vegetables

Here's how to make the best sauteed vegetables: colorful, flavor-packed, and crisp tender! Not only will you enjoy this colorful mix because it tastes good; your body will also thank you. Bell peppers are loaded with vitamin C!

Yields: 4 servings

Ingredients:

- 2 multi-colored bell peppers (red, green, orange, or yellow)
- 1 medium red onion
- 1 large carrot
- 1 head broccoli (8 ounce, stem on)
- 2 tablespoon olive oil, divided
- 1 teaspoon dried oregano
- ½ teaspoon kosher salt
- Fresh ground black pepper, to taste

Instructions:

1. Thinly slice the peppers. Slice the onion. Cut the carrot into thin rounds on the bias. Cut the broccoli into small florets.
2. Toss the vegetables in a bowl with 1 tablespoon olive oil. Add the oregano, kosher salt, and ground black pepper.
3. In large skillet, heat the remaining 1 tablespoon olive oil over medium-high heat. Cook for 10 to 12 minutes until tender and lightly charred, stirring occasionally. Taste and adjust seasonings to your preference. Serve while hot.

Chef's Notes: The flavor of this recipe can be altered to compliment many dishes. Here are our two favorite spins on the original recipe:

1. Southwest veggies: Simply add 1 Tbsp of taco or fajita seasoning in place of the oregano in Step 2.
2. Mediterranean veggies: Simply add 1 Tbsp of Italian blend or Greek blend seasonings to Step 2.

Per serving: Calories: 109 Carbohydrates: 10.3g Sugars: 5.5g Protein: 1.8g Saturated Fat: 1g Sodium: 326.8mg

This recipe was adopted from acouplecooks.com

