

Three-Pepper Saute`

From – From Asparagus to Zucchini

3 bell peppers
1 Tbsp olive oil
1 clove garlic, finely minced
1 Tbsp balsamic or red wine vinegar
salt & pepper to taste

- Remove stems, seeds and ribs from bell peppers.
- Cut lengthwise in 1/4" strips.
- Heat oil in large skillet over medium-high heat.
- Add garlic and cook, stirring constantly, until golden.
- Add peppers and cook, stirring constantly, until crisp-tender, 3 to 4 minutes.
- Sprinkle with vinegar, salt and pepper.
- Serve hot.



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